

From our kitchen to yours



Blueberry Oatmeal Muffin

Courtesy of <https://sallysbakingaddiction.com/bluebery-oatmeal-muffins>

PREP TIME: 40 min **COOK TIME:** 20 min **TOTAL TIME:** 1 hour, 10 min **YIELDS:** 12 muffins

Ingredients:

1 cup	milk	1 cup	old-fashioned rolled oats
1 1/4 cup	all-purpose flour (leveled)	1 tsp	baking powder
1/2 tsp	baking soda	1/2 tsp	ground cinnamon
1/2 tsp	salt	1/2 cup	unsalted butter, melted and slightly cooled
1/2 cup	honey	1 tsp	pure vanilla extract
1	large egg (room temperature)		
1 cup	fresh or frozen blueberries (see note if using frozen)		

Directions:

Preheat oven to 425F. Spray a 12-count muffin pan with nonstick spray or use cupcakes liners.

Combine milk and oats. Set aside for 20 minutes so the oats puff up and soak up some moisture.

This is a crucial step! If the oats haven't soaked up any moisture after 20 minutes stir and wait another 10 minutes.

Whisk the flour, baking powder, baking soda, cinnamon, and salt together in a large bowl until combined. Set aside. Whisk the melted butter, honey, egg and vanilla extract together in a medium bowl until combined. Pour the wet ingredients into the dry ingredients, stir a few times, then add the soaked oats (milk included, do not drain) and blueberries. Fold everything together gently just until combined.

Spoon batter into liners, filling them all the way to the top. Top with oats and a light sprinkle of coconut sugar, if desired. Bake for 5 minutes at 425, keeping the muffins in the oven, reduce the temperature to 350F. Bake an additional 16-17 minutes or until a toothpick inserted in to the centre comes out clean. Allow the muffins to cool for 5 minutes in the tin, then transfer to a wire rack to continue cooling. (see page 2)



Directions: *continued*

Muffins will stay fresh at room temperature for a few days, then transfer to the fridge for up to one week.

NOTES:

Make ahead instructions: For longer storage, freeze muffins for up to 3 months. Allow to thaw overnight in the refrigerator, then bring to room temperature or warm up in the microwave if desired.

Milk: The muffins were tested using unsweetened almond milk, but any milk, dairy or non-dairy, can work. IF using the frozen blueberries , see note below.

Oats: We recommend whole oats. Steel cut oats work well, but avoid quick or instant oats. They're too thin and wil dissolve in the batter as it cooks.

Flour: Please use all-purpose flour. This ha not been tested with whole wheat flour or almond flour.

Oil: You can use canola, vegetable or melted coconut oil instead of the butter, but the flavour will change. I strongly recommended the butter.

Sugar: You can use 1/2 cup maple syrup, coconut sugar, or packed light or dark brown sugar instead of honey.

Berries: If using frozen berries, do not thaw and reduce the milk to 3/4 cup. Frozen berries give off so much moisture and the muffins will taste a little too wet. Reducing the milk will help. No other changes to the recipes ingredients or instructions.

Why the initial high temperature?: The hot burst of air will spring up the top of the muffin quickly, then the inside of the muffin can bake for the remainder of the time. This helps the muffins rise nice and tall.

Nutrition: Using SparksRecipes calculator and calculated using unsweetened almond milk these muffins came out to 205 calories, 9g fat, 28g carbs, 2g fiber and 4g protein each.

