



BLUEBERRY OATMEAL MUFFINS

Ingredients (12 Servings)

1 cup	rolled oats
1 cup	buttermilk or *sour milk
1 tsp	vanilla
1 cup + 2 Tbsp	whole wheat flour
1 Tbsp	baking powder
1/2 tsp	salt
1 tsp	cinnamon
1/2 tsp	baking soda
1/4 tsp	nutmeg
1	large egg
1/4 cup	brown sugar
1/4 cup	vegetable oil
1 1/2 cups	blueberries or partridgeberries, fresh or frozen

Ingredients (24 Servings)

2 cups	rolled oats
2 cups	buttermilk or *sour milk
2 tsps	vanilla
2 cup +4 Tbsp	whole wheat flour
2 Tbsp	baking powder
1 tsp	salt
2 tsp	cinnamon
1 tsp	baking soda
1/2 tsp	nutmeg
2	large egg
1/2 cup	brown sugar
1/2 cup	vegetable oil
3 cups	blueberries or partridgeberries, fresh or frozen

Directions

- Preheat oven to 400°F (200°C).
- In a medium mixing bowl, combine rolled oats, buttermilk or sour milk*, and vanilla, and let stand.
- In a separate bowl, combine flour, baking powder, salt, cinnamon, baking soda, and nutmeg.
- Add egg, brown sugar and oil to the rolled oats mixture.
- Add wet mixture to dry ingredients. Stir just until moistened.
- Fold in berries.
- Spoon into paper-lined muffin tins.
- Bake at 400°F (200°C) for 15-20 minutes or until golden brown.

*To sour milk, add 1 Tbsp (15 mL) vinegar or lemon juice to each 1 cup of milk.

