

Blueberry Oatmeal Muffins

Ingredients:

- 1 cup dry oatmeal (instant or regular)
- 1 cup buttermilk (can substitute 1 cup milk with 1 tsp white vinegar or 1 tsp lemon juice)
- 1 egg (or two egg whites)
- ¼ to 1/3 cup sugar
- ¼ to 1/3 cup canola oil
- 1 cup flour
- 1 tsp baking powder
- ½ teaspoon baking soda
- tsp salt
 - ½ cups blueberries (fresh or frozen)
- Optional: ¼ tsp nutmeg or cinnamon

Directions:

1. Preheat oven to 400 degrees. Prepare 12 muffin cups with cooking spray or paper liners.
2. In a medium bowl, combine oats, buttermilk, egg, sugar, and oil. Combine well. If time allows, let batter stand for 5-10 minutes for oats to soften.
3. In a small bowl, combine flour, baking powder, baking soda, and salt (and nutmeg or cinnamon). Mix well and combine with wet ingredients. Stir until just moistened.
4. Gently fold in blueberries.
5. Fill muffin cups. Bake for 15-20 minutes or until toothpick comes out dry. Cool for 5 minutes, then remove from the pan.

Serving Size: Makes 12 muffins

Nutrition information: 135 calories, 18 g carbohydrate, 4 g protein, 5 g fat