

# BLUEBERRY-OAT MUFFINS

Prep Time 15 mins | Cook Time 18 minutes | Yields 12 servings

## INGREDIENTS

- coconut oil
- 2 tablespoons packed brown sugar
- ¼ teaspoon cinnamon
- ¼ teaspoon ground nutmeg
- 1 ½ cups all-purpose flour
- ½ cup quick-cooking rolled oats
- 1 tablespoon baking powder
- ½ teaspoon salt
- ¾ cup unsweetened almond milk or soy milk
- 1 egg
- ½ cup honey
- 3 tablespoons canola oil
- ¾ cup fresh or frozen blueberries

## INSTRUCTIONS

- 1) Heat oven to 400°F.
- 2) Use coconut oil to grease muffin tin; set aside
- 3) In a small bowl, combine brown sugar, cinnamon, and nutmeg; set aside.
- 4) In a medium bowl, combine flour, oats, baking powder, and salt. Make a crater in the center of the flour mixture; set aside.
- 5) In another small bowl, whisk together plant based milk, egg, honey, and oil. Add this to the flour mixture. Stir until just moistened. The batter should be lumpy.
- 6) Gently fold in blueberries.
- 7) Spoon batter into prepared muffin tin, filling each about ¾ full. Sprinkle brown sugar mixture evenly over each muffin tin.
- 8) Bake for around 18 minutes or until the muffins are golden brown. Cool on a wire rack for 5 minutes. Serve warm.

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 167	
% Daily Value *	
Total Fat 5 g	7 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 16 mg	5 %
Sodium 232 mg	10 %
Potassium 23 mg	1 %
Total Carbohydrate 29 g	10 %
Dietary Fiber 1 g	5 %
Sugars 15 g	
Protein 3 g	6 %
Vitamin A	1 %
Vitamin C	1 %
Calcium	73 %
Iron	2 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	