



# BLUEBERRY OATMEAL MUFFINS

*December 19*

National Oatmeal Muffin Day

## INGREDIENTS

- 1⅛ Cups Milk
- 1⅛ Cups Old-Fashioned Whole Rolled Oats
- 1¼ Cups All-Purpose Flour (enriched or whole grain rich)
- 1 Teaspoon Baking Powder
- ½ Teaspoon Baking Soda
- ½ Teaspoon Ground Cinnamon
- ½ Teaspoon Salt
- ½ Cup Unsalted Butter (melted and slightly cooled)
- ½ Cup Honey
- 1 Large Egg (at room temperature)
- 1 Teaspoon Pure Vanilla Extract
- 1 Cup Fresh Blueberries

## DIRECTIONS

1. Combine milk and oats. Set aside for 20 minutes so the oats puff up and soak up some moisture.
2. Preheat oven to 425°. Spray a 12-count muffin pan with nonstick spray or use cupcake liners.
3. 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.
4. Spoon the batter into liners, filling them all the way to the top. Top with oats. Bake for 5 minutes at 425° then, keeping the muffins in the oven, reduce the oven temperature to 350°. Bake for an additional 16-17 minutes or until a toothpick inserted in the center comes out clean. The total time these muffins take in the oven is about 22-23 minutes, give or take. Allow the muffins to cool for 5 minutes in the muffin pan, then transfer to a wire rack to continue cooling.
5. These muffins stay fresh covered at room temperature for a few days, then transfer to the fridge for up to 1 week.

## MEAL PATTERN CONTRIBUTION

 Grain

## MEAL TYPE

 Breakfast

## YIELD

12 Muffins

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Muffin	½ Muffin	1 Muffin	2 Muffins