

# I'm Running Late! Flour-Free Quickie Oatmeal Muffins

by Amrit Singh, Drop The Needle

Prep Time: 10 mins

Cook Time: 15 mins

Serving: 6 muffins (double the recipe if you want a full batch)

- 1 cup of uncooked whole rolled oats
- 1 cup of organic unsweetened apple sauce
- 1 egg (free range if you can)
- 1 tsp of baking powder
- 1 tsp of vanilla
- 1/2 tsp cinnamon
- 1/2 cup blueberries
- 1/4 cup crushed walnuts (optional)

## Instructions:

- 1 Preheat oven to 425F
- 2 In large mixing bowl combine oats, apple sauce, egg, baking powder, vanilla
- 3 Stir it up (little darling, stir it up!)
- 4 Add cinnamon, blueberries and the optional walnuts\*
- 5 When all ingredients are mixed, place mix into muffin tray (they don't rise so feel free to fill to the top)
- 6 Bake at 425F for 10mins, then 375 for remaining 5-7mins
- 7 let cool for 10 mins before removing from the tray so they don't break apart. Nobody likes a broken muffin.