



Oatmeal Blueberry Muffins

MyPlate2Yours - Lynn Dugan

Serving Size: 12

Ingredients

2 cups oatmeal
3/4 cup all purpose flour
1/2 cup firmly packed brown sugar
2 teaspoons baking powder
1/2 teaspoons cinnamon
1/2 teaspoon salt
2/3 cups skim milk
3 Tablespoons vegetable oil (I prefer canola)
1 egg
1 cup fresh or frozen blueberries

Directions

Heat oven to 400°F. Line 12 medium muffin cups with paper baking cups. Combine dry ingredients in a mixing bowl. Add combined milk, oil and egg; mixing just until moistened. Gently stir in blueberries. Fill muffin cups almost full. Bake 20-22 minutes or until deep golden brown. Enjoy!