



# ***Oatmeal Blueberry Muffins***

*MyPlate2Yours - Lynn Dugan*

## ***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

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## ***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!