

MUFFINS

Number of portions: 12
Portion size: 1 muffin

INGREDIENTS

1 cup of regular oats

1 cup of milk

1 egg, beaten

¼ cup vegetable oil

1 cup whole wheat flour

1 tsp baking powder

½ tsp baking soda

½ tsp salt

½ cup brown sugar

1 cup blueberries OR 1 cup of another ingredient of your choice (cranberries OR mashed banana OR grated carrots OR grated apples OR dried raisins OR ½ raisins + ½ carrots OR ½ banana and ½ chocolate chips)



METHOD

1. In a bowl, mix oat and milk. Keep aside in the refrigerator for 45 to 60 minutes.
2. After 45 to 60 minutes, add the egg and oil to the oats and milk mixture. Mix well.
3. Preheat the oven at 400°F.
4. In a second bowl, mix the flour, baking powder, baking soda, salt and brown sugar.
5. Mix the liquid and dry ingredients together.
6. Add the blueberries (or other ingredient of your choice) and mix gently.
7. Place paper cups on a muffin tray. Divide batter into 12 muffins.
8. Cook the muffins in the center of the oven for about 20 minutes.

TIPS

- This recipe can easily be doubled to make 24 muffins.
- Once the muffins have cooled down, they can be wrapped and stored in the freezer for 3 months.

