MUFFINS

Number of portions: 12 Portion size: 1 muffin

INGREDIENTS

1 cup of regular oats

1 cup of milk

1 egg, beaten

1/4 cup vegetable oil

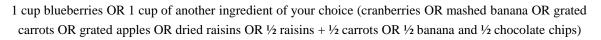
1 cup whole wheat flour

1 tsp baking powder

½ tsp baking soda

½ tsp salt

½ cup brown sugar



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.

