



Nutty Berry Oatmeal Muffins

INGREDIENTS

½ cup any nut butter

¼ cup unsweetened vanilla nut milk

2 eggs

¼ cup pure maple syrup

1 tablespoon vanilla extract

2 cups whole rolled oats

1 teaspoon baking powder

½ teaspoon baking soda

¼ teaspoon salt

1 tablespoon cinnamon

1 cup blueberries (fresh or frozen and defrosted)

DIRECTIONS

Preheat the oven to 350°F and then grease or line a muffin tin for 12 muffins.

In a medium sized bowl, mix nut butter, milk, eggs, maple syrup and vanilla. In a larger bowl, combine oats, baking powder, baking soda, salt and cinnamon. Add everything except the blueberries into a blender or a food processor and blend for about 30 seconds, or until smooth.

Gently stir the blueberries into the batter. Pour the batter into the muffin tin, filling each about ¾th of the way full. Bake in the oven for 15-20 minutes, until light golden brown. Allow to cool for at least 10-15 minutes. Makes 12 muffins; 150 calories each.