

Blueberry Oatmeal Power Muffins

Yield: 12 muffins

FODMAP friendly

RECIPE CUSTOMIZATION

To make it dairy-free, swap butter for dairy-free alternative

To make it gluten-free, use gluten-free flour and gluten-free oats

Ingredients

1½ cups quick-cooking oats
1 cup water, boiling
1 cup sugar, granulated
1 cup brown sugar, packed
½ cup butter, softened
1 tsp vanilla extract
2 eggs
1 cup blueberries, fresh
½ cup chia seeds
¼ cup hemp hearts
1½ cups all-purpose flour
1 tsp baking soda
½ tsp baking powder
½ tsp salt, kosher
1 tsp cinnamon, ground
½ tsp nutmeg, ground
Pan spray

Directions

1. Preheat oven to 350°F.
2. In a small saucepan, bring the water (1 cup) up to a simmer.
3. Turn off the heat. Add the oats (1½ cups). Cover the pan, and let stand 20 minutes.
4. In the bowl of a stand mixer, beat granulated sugar (1 cup), brown sugar (1 cup), butter (½ cup), vanilla (1 tsp), and eggs (2) on medium speed until light and fluffy, scraping the bowl occasionally.
5. With a soft spatula, fold in oat mixture and remaining ingredients until well blended.
6. Lightly spray a muffin pan with nonstick pan spray.
7. Pour batter into muffin cups until they are ¾ full.
8. Place the pan in the preheated oven. Bake for 30 minutes or until a toothpick comes out mostly free from cake crumbs.

Chef tip: Wrap muffins individually and refrigerate or freeze for a grab-and-go item.



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Nutrition Facts

Serving size 1 (5oz)

Amount Per Serving **141g**

Calories **353**

% Daily Value

Total Fat 12.9g **20%**

Saturated Fat 5.7g **29%**

Cholesterol 51mg **17%**

Sodium 284mg **12%**

Total Carbohydrate 56g **19%**

Dietary Fiber 4g **16%**

Sugars 36g

Protein 6g **11%**

Vitamin A **6%**

Vitamin C **2%**

Calcium **9%**

Iron **12%**