

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%