

INGREDIENTS

- 2 cups of Oatmeal
- 1 cup Almonds
- ½ tsp Salt
- 3 tbsp Flaxseed
- ½ tbsp Cinnamon
- 1 tsp Baking Powder
- 2 Eggs
- 1 cup of Milk (your choice)
- 1/3 cup Honey
- 1 cup Blueberries

DIRECTIONS

1. Preheat oven to 350 F.
2. Spray muffin tin with spray or add liners and set aside.
3. In a bowl, add oats, cinnamon, salt, baking powder, and flaxseed.
4. In another bowl, whisk 2 eggs, 1 cup of milk and 1/3 c honey together.
5. Combine wet and dry mixture. Add blueberries and nuts.
6. Scoop mixture into muffin tin.
7. Bake for 25 minutes and enjoy!



Blueberry and Oat Spring Muffin

Gluten Free | Vegetarian

Yield:
12 Servings

Prep Time:
15 Min

Cook Time:
25 Min