

Recipe

ONE-BOWL OATMEAL BLUEBERRY MUFFINS



► Vegan, nut-free

Yield: 12 muffins

Prep Time: 15 min

Cook Time: 20 min

Total Time: 35 min

INGREDIENTS: MUFFINS

2 Tbsp (14 g) ground flax seeds
 6 Tbsp (90 mL) water
 1/3 cup (8 mL) soy milk
 1 tsp (5 mL) white vinegar
 1/4 cup (63 mL) coconut oil, melted
 1/3 cup (85 g) unsweetened applesauce
 1/3 cup (75 g) sugar, or sub agave or maple syrup
 1 tsp (5 mL) pure vanilla extract
 1/2 tsp ground cinnamon
 1/2 tsp baking soda
 1 tsp baking powder
 1/4 tsp salt
 2 cups (160 g) old-fashioned rolled oats blended into a flour*
 1.5 cups (150 g) blueberries, fresh or frozen
 2 Tbsp (7 g) white whole wheat flour (if using frozen blueberries)

INGREDIENTS: SPRINKLE TOPPING (OPT'L)

1 Tbsp (12 g) sugar
 1/2 tsp ground cinnamon

DIRECTIONS

1. Preheat the oven to 375 F (190 C) and lightly grease a muffin tin or add paper muffin liners.
2. In a large bowl, whisk together the flax seeds and water and allow it to sit for 5 minutes until the flax gels, stirring once after a couple minutes.
3. To the flax gel, add the soy milk and vinegar, whisk, and allow to sit for another 5 minutes. Meanwhile, blend the oats into a flour.
4. Add the oil, applesauce, sugar, vanilla and cinnamon and whisk.
5. One at a time add the baking soda, baking powder and salt stirring after each addition. Then gently mix in the oat flour until just combined.
6. Gently stir in blueberries until just combined. If frozen, do not and thaw. Toss first in flour until coated and then stir into the muffin batter until just combined. Divide evenly into the muffin tin.
7. For the sugar and cinnamon sprinkle, mix these two ingredients together first and then evenly distribute on top of the 12 muffins.
8. Bake until a toothpick inserted into the centre comes out clean, about 20 minutes.

NOTES

1. * **Speed-it-up:** by using purchased oat flour. If you opt for this, use 1 + 3/4 cups (160g).
2. **Storage:** store in an airtight container in the fridge for up to 2 days. Store in an airtight container or wrap individually and place in the freezer for up to 2 months.

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