

100% Oat Flour Blueberry Muffins



Ingredients

- 1 ½ cups Quaker® Oat Flour
- 1 tsp baking powder
- 1/2 tsp salt
- 1/4 cup vegetable oil
- 1/3 cup maple syrup
- 1 tbsp vanilla extract
- 3 large eggs
- 1/4 cup milk (or milk alternative)
- 1/2 cup fresh blueberries

Optional:

- Zest of large lemon
- Juice of 1/2 lemon
- 2 tsp poppy seeds

How to make it

1. **PREHEAT** oven to 350°F (180°C). Spray muffin pan with cooking spray or line with 6 paper liners.
2. **BEAT** oil, maple syrup, eggs, milk, and vanilla in large mixing bowl.
3. **ADD** combined oat flour, baking powder, and salt. Mix just until combined.
4. **FOLD** blueberries into batter until they are evenly incorporated. Let batter rest for 5-10 minutes.
5. **SPOON** batter evenly into muffin pan.
6. **BAKE** 25-30 minutes or until the centers are set.
7. **REMOVE** from oven and cool before serving. Enjoy!

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
15 min	30 min	45 min	6

Made with



Quaker® Oat Flour