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Blueberry-oatmeal muffins

Needing a quick and healthy way to start off your morning? Try these wonderfully tasting muffins.

- 1 cup old fashion oats
 - 2 cups fat-free or low-fat buttermilk
 - 1 2/3 cups whole wheat pastry flour
 - 3/4 cup packed light brown sugar
 - 2 Tbs. vegetable oil
 - 1 tsp. baking powder
 - 1 tsp. salt
 - 2 large eggs, lightly beaten
 - 1 tsp. grated orange zest
 - 1 3/4 fresh or frozen blueberries
1. Combine oats and buttermilk in mixing bowl. Cover, let stand 30 minutes.
 2. Preheat oven to 350F. Spray muffin pan cups with nonstick cooking spray or use pleated paper liners.
 3. Combine buttermilk mixture, flour, sugar, oil, baking powder, baking soda, salt, eggs, and orange zest in second mixing bowl. Beat with an electric mixer at medium speed until smooth. Fold in blueberries. Spoon batter into cups, filling them 3/4 full.
 4. Bake 15 minutes, or until muffins spring back when touched lightly in center. Remove muffins from pans immediately, place on wire rack to cool.