

Cooking Fun with Kids!



Blueberry Oatmeal Muffins

1 ¼ cups oatmeal
1 cup flour
1/3 cup sugar
1 Tbsp baking powder
½ tsp salt
1 egg
1 cup skim milk
¼ canola oil
¾ cup blueberries

Preheat oven to 400 degrees. In a large mixing bowl, stir together oatmeal, flour, sugar, baking powder and salt. In a medium bowl, beat egg; stir in milk and oil. Add wet ingredients to dry ingredients and mix just until dry ingredients are evenly moistened. Fold in blueberries. Spoon into lightly greased muffin cups, filling 2/3 full. Bake until browned, about 20 to 25 minutes.

Makes 12 muffins.