



Note: This recipe is for people following a vegetarian (meat-free) diet. However, this recipe may include ingredients such as dairy or other animal-based products that may not fit in with vegan or some other vegetarian diets.

Serve these tasty muffins for breakfast or as an after-school snack.

Prep time: 40 minutes

Ingredients:

- 1 1/3 c. all-purpose flour
- 1 c. rolled oats
- 1/4 c. brown sugar
- 1 tbsp. baking powder
- 1/2 tsp. cinnamon
- 1 c. skim milk
- 1 egg, beaten
- 3 tbsp. vegetable oil
- 1 1/4 c. blueberries
- 3/4 c. raspberries

Directions:

1. Preheat the oven to 425° Fahrenheit (218° Celsius).
2. Line the cups of a muffin pan with paper liners.
3. Combine flour, oats, brown sugar, baking powder, and cinnamon in a large mixing bowl.
4. In another bowl, combine milk, egg, and oil. Whisk together.
5. Add the wet mixture to the flour mixture in the large bowl. Stir until combined.
6. Fold in berries.
7. Spoon the mixture into the muffin cups, approximately 2/3 full.

8. Bake for 25 to 30 minutes or until light golden brown.

Serves: 12

Serving size: 1 muffin

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