**Blueberry Oatmeal Muffins – RenataCollective.com**

I came up with this much-requested muffin recipe years ago . I have evolved and modified the recipe to ‘healthify’ it - it works well with gluten and dairy free ingredients and it is so versatile as you can add other fruits, seeds or nuts in place of the fresh or frozen blueberries. It only takes a few minutes to put this recipe together, 18 minutes to bake and you have a delicious, nutritious, healthy treat!

Prep Time: 10 Minutes / Bake Time: 18 minutes / Makes: 12 Muffins

Ingredients

* 1 Cup Quick Oats
* 1 Cup Buttermilk – alternate: 1 cup dairy or oat milk and 2 Tablespoons white vinegar: mix and let sit to ‘sour’ and curdle slightly
* 3/4 Cup All-Purpose Flour – or Gluten Free Flour Blend (I use Bob’s Red Mill 1-to1.)
* 1/3 Cup Oat Flour – simply whirl oats in your food processor or blender to a flour consistency
* 1 teaspoon Baking Powder
* ½ teaspoon Baking Soda
* Pinch of Salt – optional
* ½ Cup Neutral Oil - Grape Seed or Avocado (Olive oil can have too strong a taste.)
* ¼ Cup Brown Sugar
* ¼ Cup Coconut Sugar – alternate: ½ cup brown sugar
* 1 Egg
* 1 Cup Blueberries – fresh or frozen

How It’s Made

* Preheat your oven to 400°F.
* Prep your muffin tin by placing a paper or silicon liner in each cup.
* In a medium bowl, mix the oats and the buttermilk, or soured milk.
* In a medium bowl, mix the all-purpose or gluten free flour, oat flour, baking powder, baking soda and salt (if using).
* In a large bowl, mx the oil, brown sugar, coconut sugar (if using) and the egg.
* Add the oats and buttermilk mixture to the wet ingredients and stir.
* Add the flour mixture and stir until just moistened and mixed.
* Add the blueberries and give it a gentle stir.
* Spoon the muffin batter into each cup about 2/3 full.
* Bake for 18 minutes, check the muffins, they should be lightly browned and smell wonderful!
* Remove from oven and cool for a couple of minutes before serving. Store the muffins in an air-tight container on your countertop or longer in the fridge. These muffins freeze well!

Enjoy!

*Renata Richardson is a certified culinary nutrition instructor and honours graduate from the Academy of Culinary Nutrition. The Toronto-based chef is also a monthly food columnist with the Metroland Media Group, workshop presenter, recipe developer and tester, cookbook contributor and published recipe author. Visit**renatacollective.com**and on Instagram @renatacollective, for more recipe inspiration and to sign up for a weekly newsletter update or email**renata@renatacollective.com**for more information.*