

Recipe for **Blueberry Power Muffins**

SERVINGS:

2 DOZEN MUFFINS

PREP TIME: 5 MIN

COOK TIME: 18 MIN

OVEN TEMP: 375°F

INGREDIENTS

- 3/4 cup vegetable oil
- 1 cup brown sugar
- 3 large eggs
- 2 cups plain Greek yogurt
- 3 cups all-purpose flour
- 2 cups oats (blended into flour)
- 2 cups frozen blueberries
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 pinch of salt

DIRECTIONS

- 01** Preheat the oven to 375F. In a large bowl, beat the oil and sugar, and add the eggs one at a time, beating after each. Then add yogurt and mix until thick and creamy.
- 02** Next, chop oats in a blender until it is a powder. In a separate bowl, mix blended oats, flour, baking soda, baking powder, and salt. Then add berries to the dry mixture and stir. Next add half of the dry mixture with berries to the wet mixture. Whisk together. Then add the rest of the dry mixture with berries and whisk together until well blended.
- 03** Spray muffin pan with non-stick spray or rub with butter. Bake for 18-20 minutes at 375°F, or until golden and springy to the touch. Remove from the oven. Remove muffins from pan, and place on a rack to cool.