

Healthy Oatmeal Blueberry Muffins

These muffins are one of my faves each summer with our own blueberries from our bush. They are so moist and tender, and they're the perfect combination of hearty oats, cozy cinnamon, and sweet juicy blueberries! They're great for quick grab-and-go breakfasts or snacks, and they freeze really well, too. Leftover muffins will keep for at least one week if stored in an airtight container.



INGREDIENTS

- $\frac{3}{4}$ cup (75g) instant oats (gluten-free if necessary and measured like this)
- $\frac{1}{2}$ cup (120g) plain nonfat Greek yogurt
- 1 cup + 2 tbsp (270mL) nonfat milk, divided
- 2 tsp vanilla extract
- 2 cups (240g) white whole wheat flour or gluten-free* flour (measured like this)
- 2 tsp ground cinnamon
- 1 $\frac{1}{2}$ tsp of baking powder
- $\frac{3}{4}$ tsp of baking soda
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tbsp (7g) unsalted butter or coconut oil, melted and cooled slightly
- 2 large egg whites, room temperature
- 1 $\frac{1}{2}$ tsp vanilla stevia
- 1 $\frac{1}{2}$ cups (210g) fresh blueberries

DIRECTIONS

1. Preheat the oven to 350°F, and coat 12 muffin cups with nonstick cooking spray. (If using liners, then line 12 muffin cups with liners and coat them with cooking spray.)
2. In a medium bowl, stir together the oats, Greek yogurt 6 tablespoons of milk, and vanilla extract. In a separate bowl, whisk together the flour, cinnamon, baking powder, baking soda, and salt. In a third bowl, whisk together the butter, egg whites, and vanilla stevia. Stir in the oat mixture, mixing until no large lumps remain. Alternate between adding the flour mixture and remaining $\frac{3}{4}$ cup of milk, beginning and ending with the flour mixture, and stirring just until incorporated. (For best results, add the flour mixture in 4 equal parts.) Gently fold in the blueberries.
3. Divide the batter between the prepared muffin cups. Bake at 350°F for 21-24 minutes or until the top feels firm to the touch and a toothpick inserted into the center comes out clean. Cool in the pan for 5 minutes before transferring to a wire rack to cool completely.