



100% Oat Flour Blueberry Muffins



SERVINGS



COOKING TIME

6

30 min

Blueberries, lemon, and our Quaker® Oat Flour come together to create these heavenly baked treats. This easy Oat Flour Blueberry Muffins recipe is great to make ahead and just grab and go! Because even when life gets busy, a morning treat should still be delicious.

Ingredients

- 1 ½ cups [Quaker® Oat Flour](#)
- 1 tsp baking powder
- 1/2 tsp salt
- 1/4 cup vegetable oil
- 1/3 cup maple syrup
- 1 tbsp vanilla extract
- 3 large eggs
- 1/4 cup milk (or milk alternative)
- 1/2 cup fresh blueberries

Optional:

- Zest of large lemon
- Juice of 1/2 lemon
- 2 tsp poppy seeds

Cooking Instructions

1. PREHEAT oven to 350°F (180°C). Spray muffin pan with cooking spray or line with 6 paper liners.
2. BEAT oil, maple syrup, eggs, milk, and vanilla in large mixing bowl.
3. ADD combined oat flour, baking powder, and salt. Mix just until combined.

4. FOLD blueberries into batter until they are evenly incorporated. Let batter rest for 5-10 minutes.
5. SPOON batter evenly into muffin pan.
6. BAKE 25-30 minutes or until the centers are set.
7. REMOVE from oven and cool before serving. Enjoy!