

# LOVE THY CARROT

*real food made with love*

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## BLUEBERRY OATMEAL SUGAR FREE MUFFINS

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This recipe makes 10 to 12 muffins

### INGREDIENTS

1 cup almond milk, or any milk you like  
1 cup old-fashioned whole rolled oats  
1 1/4 cups gluten free flour  
1 tsp baking powder  
1/2 tsp baking soda  
1/2 tsp cinnamon  
1/2 tsp salt  
1/2 cup coconut oil, melted and slightly cooled  
1/2 cup honey or maple syrup  
1 egg, large  
1 tsp vanilla extract  
1 cup fresh or frozen blueberries, if using frozen do not thaw

### DIRECTIONS

1. Preheat oven to 425°F. Line a muffin tin with liners or spray lightly with oil, I like to use liners then I don't have to worry about my muffins getting stuck in my old and favourite muffin tin.
2. Soak the oats in milk for about 20 to 30 minutes or until the oats soak up all the liquid.
3. In a large bowl add the flour, baking powder, baking soda, cinnamon, and salt and mix until well combined.
4. In small bowl mix the melted coconut oil, honey, egg, and vanilla.
5. Add the wet ingredients to the dry along with the soaked oats and blueberries. Fold everything together gently just until combined.
6. Spoon the batter into the muffins tin, filling almost to the top. Sprinkle each muffin with some oats. Bake for 5 minutes at 425, then reduce the oven temperature to 350°F. Bake for an additional 15 to 18 minutes or until a toothpick inserted in the center comes out clean. Allow the muffins to cool in the pan before removing.

### COOKS NOTES

Soaking the oats in the milk helps to make the muffins moist and tender, so don't skip that step.

I like to keep my muffins in the fridge but they will stay fresh in an airtight container for about a week or you can store in the freezer.