



THE J.M. SMUCKER CO.

Chia, Flax and Oat Berry Muffins

Prep Time **Cook Time** **Serves** **Difficulty**

15 mins 25 mins 12 N/A

Ingredients

- 1 cup (250 mL) **Robin Hood®** Oats
 - Robin Hood® Quick Oats
- 1 cup (250 mL) unflavoured yogurt
- 2/3 cup (150 mL) packed brown sugar
- 1/3 cup (75 mL) Vegetable or Canola Oil
- 1 egg
- 1 cup (250 mL) **Robin Hood®** Original All Purpose Flour

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- 1/4 cup (50 mL) ground flaxseed
- 1/4 cup (50 mL) chia
- 1 tsp (5 mL) cinnamon
- 1 tsp (5 mL) baking powder
- 1/2 tsp (2 mL) baking soda
- 1/2 tsp (2 mL) salt
- 2 cups (500 mL) berries
- **Topping:**
- 1/4 cup (50 mL) natural turbinado sugar

Directions

Step 1:

Preheat oven to 375°F (190°C). Grease or line a 12-cup muffin pan with paper liners.

Step 2:

Combine oats, yogurt, sugar, oil and egg in a large bowl.

Step 3:

Stir flour, flaxseed, chia, cinnamon, baking powder, baking soda and salt in a separate large bowl. Stir oat mixture into flour mixture. Add berries and stir just until mixed.

Step 4:

Place batter into prepared muffin cups. Sprinkle with sugar.

Step 5:

Bake in preheated oven for 20 to 22 minutes or until a toothpick inserted in center of muffin comes out clean. Cool on wire cooling rack.

Images

