



THE J.M. SMUCKER Co

Blueberry Oat Flaxseed 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) plain yogurt, 1%, 2% or 3%
- 2/3 cup (150 mL) packed brown sugar
- 1/3 cup (75 mL) Vegetable or Canola Oil
- 1 egg
- 1 tbsp (15 mL) finely grated orange zest
- 1 cup (250 mL) **Robin Hood®** Original All Purpose Flour

Robin Hood® Original All Purpose Flour

- 2 tbsp (30 mL) ground flaxseed
- 1 tsp (5 mL) each; cinnamon and baking powder
- 1/2 tsp (2 mL) each: baking soda and salt
- 1 cup (250 mL) blueberries, fresh or frozen
- **Robin Hood®** Oats for sprinkling

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, egg and orange zest in a large bowl.

Step 3:

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

Step 4:

Place batter into prepared muffin cups. Sprinkle each with additional oats.

Step 5:

Bake in preheated oven for 18 to 20 minutes or until a toothpick inserted in center of muffin comes out clean. Cool on a wire rack.

Images

