

Blueberry Oat Muffins

10 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 375°F (190°C) and line a muffin pan with liners.
2. In a large mixing bowl combine the oats, shredded coconut, hemp seeds, cinnamon and baking powder. Mix together until evenly combined.
3. In a separate mixing bowl, whisk the eggs, almond milk, vanilla and maple syrup. Add the egg mixture to the dry ingredients and mix until combined. Fold in the blueberries.
4. Divide the batter between the muffin cups and bake for 25 to 30 minutes or until the muffins are golden brown around the edges. Let the muffins cool in the pan for 5 minutes before transferring to a cooling rack to cool completely. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days or freeze for up to one month.

Serving Size

One serving is equal to one muffin.

Additional Toppings

Top with shaved almonds or pecans.

No Blueberries

Use strawberries or raspberries instead.

Ingredients

- 1/3 cup Oats (rolled)
- 1 1/3 tbsps Unsweetened Shredded Coconut
- 1 tsp Hemp Seeds
- 1/8 tsp Cinnamon
- 1/8 tsp Baking Powder
- 1/3 Egg
- 2 tsps Unsweetened Almond Milk
- 1/8 tsp Vanilla Extract
- 1 tsp Maple Syrup
- 2 2/3 tbsps Blueberries (fresh)

Nutrition

Amount per serving

Calories	113	Calcium	51mg
Fat	5g	Iron	1mg
Saturated	2g	Vitamin D	9IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	1g	Thiamine	0.1mg
Monounsaturated	1g	Riboflavin	0.1mg
Carbs	15g	Niacin	0mg
Fiber	2g	Vitamin B6	0mg
Sugar	4g	Folate	11µg
Protein	4g	Vitamin B12	0.1µg
Cholesterol	31mg	Phosphorous	109mg

Sodium	58mg	Magnesium	33mg
Potassium	99mg	Zinc	1mg
Vitamin A	63IU	Selenium	7µg
Vitamin C	1mg		