

Oatmeal Flour Breakfast Cups

Ingredients

- 1 ¼ cups, 115g oat flour
- ½ tsp baking powder
- ¼ tsp salt
- ½ tsp baking soda
- 1 egg
- 3 Tbs maple syrup
- 1 teaspoon vanilla extract
- ⅔ cup, 160g greek yogurt
- ¼ cup, 50g avocado oil
- 1 cup, 150g fresh or frozen blueberries

Instructions

1. Preheat the oven to 375 degrees and spray or line 8 of the wells of a 12 cup muffin tin with cooking spray or line with cupcake liners.
2. In a large bowl, whisk together the flour, baking soda, baking powder and salt. In a medium bowl, combine the egg, maple syrup, vanilla, yogurt and oil, whisking until thoroughly combined.
3. Add wet ingredients to the dry ingredients and stir to incorporate, do not over mix. Gently fold in the blueberries.
4. Spoon the batter into the prepared muffin pan, filling all the way to the top.
5. Bake for 20-22 minutes or until a toothpick comes out clean.
6. Remove from the oven and allow to cool in the pan for 5 minutes, then move to a wire cooling rack to cool completely.

Equipment

- Large bowl
- Medium bowl
- Measuring Spoons/Cups
- Small Whisk
- Silicone spatula
- 12 cup muffin tin
- Cooking spray or cupcake liners
- Large Spoon or 1/2 cup disher
- Wire cooling rack
- Plate for serving