BLUEBERRY LEMON OATMEAL CUPS

Start your day with these healthy and hearty oatmeal cups or give to your kids as a perfect afternoon snack. Eat it plain or microwave for 30 seconds and top it off with some peanut or almond butter!

Ingredients:

- 3 cups rolled oats
- 1/2 teaspoon kosher salt
- 1 cup unsweetened vanilla almond milk
- 1 cup plain greek yogurt (or apple sauce)
- 2 pastured eggs, beaten
- 2 teaspoon lemon zest
- 1 tablespoon lemon juice
- 1/4 cup + 2 tablespoons monk fruit
- 3/4 cup blueberries
- 1/L4 cup sliced almonds



Directions:

1. Preheat oven to 350 degrees F.
2. Spray a 12-cup muffin tin with cooking spray or coconut oil.
3. In a large bowl combine oats, salt and baking powder and gently toss together.
4. Mix in milk, greek yogurt, eggs, lemon zest, lemon juice and monk fruit and stir. together until everything is incorporated.
5. Add in blueberries and almonds and stir until just combined.
6. Evenly divide the oat mixture between all 12 muffin cups and pop in oven for 25-30 minutes or until the muffins are set through and lightly golden brown on the top.
7. Cool completely before removing muffins from the pan and enjoy!

Nutrients per serving: Calories 129 | Total Fat 3.2g | Saturated Fat 0.3g | Cholesterol 1mg | Sodium: 142mg | Carbohydrate 19.1g | Dietary Fiber 3.1g | Sugars 2.1g | Protein 6.2g

Check this week's recipe here: https://cleananddelicious.com/baked-blueberry-lemon-oatmeal-muffin-cups/