STRAWBERRY MUFFINS

Ingredients:

- 1 cup rolled oats
- 1 cup all-purpose flour
- 2 tsp baking powder
- ½ tsp baking soda
- ½ tsp ground cinnamon
- ½ tsp salt
- 1 organic egg, beaten
- ½ cup milk (your choice)
- ¼ cup light olive oil
- ½ cup sugar
- ½ pint chopped fresh strawberries



Directions:

1. Preheat oven to 425 degrees. Grease 12 muffin cups or line muffin pan.
2. In a large bowl, mix oats, flour, baking powder, baking soda, cinnamon and salt. In a separate bowl, whisk together egg, milk, olive oil and sugar. Mix in strawberries. Stir strawberry mixture into oat mixture just until evenly moist. Spoon into prepared muffin cups.
3. Bake 18 to 20 minutes in the preheated oven, until a knife inserted in the center of a muffin comes out clean.
4. Makes 12 muffins. Enjoy!

NUTRITION PER SERVING:

Per muffin: 152 calories, 3g protein, 23g carbs, 16mg cholesterol, 220mg sodium

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