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Giant Oatmeal and Berry Muffins

There have been years when our berry harvest has been less than abundant so these muffins are perfect for using the small, but much appreciated harvest. When the crop is good, I freeze the berries in one cup freezer container so I can enjoy these muffins in the colder weather. With just a cup of fresh blueberries or raspberries, warm berry filled muffins are just an hour away!

1 cup old fashioned uncooked oatmeal

1 cup buttermilk

2 egg whites, lightly beaten

¼ cup white sugar

1 teaspoon pure vanilla extract

2 tablespoons unsalted butter, melted and cooled

½ cup all-purpose flour

½ cup whole wheat flour

1 teaspoon baking powder

1/2 teaspoon baking soda

1/4 teaspoon salt

1 cup fresh or unsweetened frozen blueberries or raspberries (do not thaw if fruit is frozen)

2 tablespoons demerara sugar

1 tablespoon ground cinnamon

One six cup giant muffin pan, prefer silicone.

Pre-heat oven to 400F.

Lightly spray the insides of the muffin pan with cooking spray. (Reminder: If using a silicone muffin pan, put the silicone bakeware on a cookie sheet or baking tray before you put it into the oven.)

In medium bowl, combine oatmeal and buttermilk; mix well. Let stand 10 minutes.

Stir in egg whites, sugar, vanilla, and melted butter. Blend well.

In large bowl, combine flour, baking powder, baking soda, and salt; mix well.

Add one half of the flour mixture to the oatmeal mixture and blend using a rubber spatula.

Add the remaining half of flour mixture and blend to combine. Gently fold in berries.

Distribute the batter evenly among the muffin cups. (Note: The batter will be very thick.)

In a small bowl, blend the demerara sugar and cinnamon. Sprinkle the mixture evenly over the tops of the muffin batter.

Bake 20-25 minutes for 12 cup pan and 35-40 minutes for 6 cup pan or until the muffin edges are a light golden brown.

Cool muffins in pan on wire rack for 10 minutes; remove from pan.

Makes 6 giant muffins or 12 regular size muffins.

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