Blueberry Breakfast Muffins

Date : 15-08-2019

Ingredients

- 1 cup blueberries
- 1 cup oats
- 1 cup almond milk
- 3/4 cup oat flour
- 1/2 cup smashed bananas
- 2 eggs
- 2 tbs maple syrup
- 1 tbs coconut oil
- 1 tbs chia seeds
- 1 tsp vanilla extract
- 1 tsp cinnamon

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- 1 tsp baking powder
- 1/2 tsp almond extract
- 1/2 tsp salt

Glaze (optional)

- 2 tbs white chocolate chips
- 1 tsp coconut oil
- 1 tsp cinnamon

Method

1. Preheat your oven to 200 degrees C (400 degrees F)
2. In a large mixing bowl, combine oats, oat flour, baking powder, and salt
3. In a separate bowl, beat the eggs, and then stir in the smashed bananas, almond milk, maple syrup, vanilla extract, and almond extract, until everything is well combined
4. Pour the wet mix into your dry ingredients, and stir
5. Add in the coconut oil, cinnamon and chia seeds, and mix
6. Finally, add in the blueberries and stir very gently
7. Scoop the muffin “batter” into a pre-greased 12- muffin tin and place in the oven until they have fully risen (approximately 15 minutes)

Glaze (optional):

1. Place the white chocolate chips, coconut oil, and cinnamon in a small bowl, and place in the microwave for 20 seconds
2. Remove and stir until the white chocolate fully melts
3. Once the muffins have cooled, drizzle with the glaze, and enjoy!

I'm a huge fan of most baked goods, and for someone who loves baked goods, there's nothing like a really great blueberry muffin. Once in a while, a good blueberry muffin with a cup of coffee can be a great start to the day but, on most days, it would be more appropriately classified as a dessert than a breakfast!

But what if there were some way to get that blueberry muffin satisfaction without the pile of sugar, carbs, and calories that usually comes with it? These muffins are the answer!

They make a perfect breakfast, filled with fiber, omega-3 (courtesy of the chia seeds, which also add a nice crunch!), and protein, but with all the texture and flavor of a true blueberry muffin. Go ahead and add some of the cinnamon white chocolate glaze, and they can also be the perfect mid-afternoon solution when you're craving something sweet, or a great after-school snack for your kids.

It's a pretty good thing that these muffins are also really simple to make, because they don't last long in our house, and they probably won't in yours either!

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