

Healthy Gluten-Free Blueberry Oatmeal Muffins

Prep time	Cook time	Total time
5 mins	25 mins	30 mins

These skinny blueberry oatmeal muffins are like a miracle! They are glutenfree, oil-free and refined sugar-free, and they taste amazing! They are going to be your favorite healthy breakfast and snack!

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Serves: 12 servings



Ingredients

- 2½ cups quick oats, divided
- 2 eggs
- 1 cup applesauce
- ½ cup honey
- ½ cup milk substitute (e.g. almond milk)
- 1 tbsp vanilla
- 2 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1½ cup blueberries

Instructions

1. Preheat the oven to 350F. Line the muffin tin with paper baking cups and spray them with cooking spray (the paper baking cups are a must, otherwise these muffins will stick).
2. Put 1½ cup of oats in a food processor and process for 2 minutes, or until they turn into a flour.
3. Put eggs in a large bowl and whisk with a fork.
4. Add the apple sauce, honey, milk and vanilla to the eggs and mix with a fork until well blended.
5. Add the ground oats, the remaining 1 cup of whole oats, baking powder, baking soda and salt. Mix until well combined.
6. Add the blueberries and mix until evenly distributed.
7. Put the mixture in muffin cups (it's enough for 12 regular muffin cups, filled to the top).
8. Optionally sprinkle the muffins with additional 1 tbsp of oats.
9. Put the oatmeal muffins in the oven and bake for 25 minutes.

Oats are gluten free if not contaminated (depends on where grown and processed). Oats are usually available as groats or rolled oats (most common). Rolled oats are partially steamed, rolled to flatten, & then dried. Quick oats, which cook faster, are steel cut prior to rolling and are flatter than old fashioned oats. Oats are high in the soluble fiber beta-glucan which reduces total and LDL cholesterol, reduces blood sugar and improve insulin response, and is a food source for our body's good bacteria. While oats are not a complete protein, they are higher in amino acids than any other grain. Oats are also high in vitamins B1, folate, pantothenic acid and a fair source of B2, B3, and B6. They are also high in minerals silicon, manganese, phosphorus, magnesium, copper, iron, & zinc.

Recipe by Melanie Cooks at <https://www.melaniecooks.com/blueberry-oatmeal-muffins/11332/>