

Orange and Blueberry Oatmeal Muffins

Liquid Ingredients:

1/2 c. quick oats
1/2 c. orange juice
2 eggs
1/2 c. oil

Dry Ingredients:

1 1/2 c. flour
1/2 c. sugar
1 tsp. baking powder
1/4 tsp. baking soda
1/2 tsp. salt

Mix-In's and Toppings:

Zest from 1/2 of an orange
1/2 c. blueberries
1/4 c. brown sugar
1 tsp. cinnamon

1. Preheat the oven to 400°.
2. Combine the quick oats, orange juice, eggs and oil in the blender. Pulse the blender 4 to 6 times until smooth.
3. In a large mixing bowl, combine the dry ingredients (flour, sugar, baking powder, baking soda and salt.) Stir until well combined.
4. Using the back of a mixing spoon, make a well in the middle of the dry ingredients and pour the liquid ingredients into the center of the well.
5. Being careful not to over-mix, stir the batter with a mixing spoon until all of the dry ingredients are moistened.
6. Place the blueberries in a cereal bowl. Sprinkle 1 Tbsp. of flour over the blueberries and toss them to coat the blueberries.
7. Place the blueberries and the orange zest on top of the muffin batter and gently fold them into the batter until evenly distributed.
8. In a separate bowl, combine the brown sugar and cinnamon and mix together until evenly combined.
9. Place 12 paper muffin liners in the 12 count muffin tin. Scoop the muffin batter into the muffin liners until it is evenly distributed.
10. Sprinkle the brown sugar/cinnamon topping on top of each muffin.
11. Clean off any spills on the muffin tin before putting it in the oven.
12. Place the muffin tin in the center of the oven and bake at 400° for 15 to 20 minutes, or until a toothpick comes out clean.

Equipment You Will Need On Your Tray

-1/4 c. dry measuring cup
-1/2 c. dry measuring cup
-1 c. liquid measuring cup
-2 cereal bowls
-1 custard cup
-Measuring spoons
-1 cereal spoon
-Spatula