**Blueberry Oatmeal Muffins**

**Ingredients**

125 ml quick-cooking oats 1/2 egg

125 ml buttermilk 8ml lemon juice

50ml oil

125 ml flour 80ml brown sugar

2.5ml baking soda

2.5ml baking powder 125ml blueberries, fresh or frozen

1ml salt 8ml flour

lemon, freshly grated peel

**Method:**

1. Place oven racks in centre of oven. Preheat oven to 400 F. Grease muffin pan (6)

2. In a medium bowl, combine oats and buttermilk.

3. In a large bowl, combine flour, baking soda, baking powder and lemon peel. Stir with a fork.

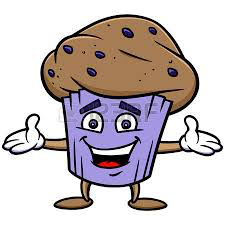
4. In a small bowl, beat egg.

5. Add oil, brown sugar and lemon juice to egg. Combine with oat mixture in medium bowl. Mix well.

6. Toss blueberries in 15ml of flour. Add to dry ingredients.

7. Add oat mixture all at once to dry ingredients. Stir no more than 16 times, just until moistened.

8. Fill 6 muffin tins about 2/3 full.

9. Bake 15-20 minutes. Cool for 5 minutes and remove muffins from pan.