

Blueberry Oatmeal Muffins

1 2/3 cups quick-cooking oats
3 ounces all-purpose flour (about 2/3 cup)
2.33 ounces whole-wheat flour (about 1/2 cup)
3/4 cup packed light brown sugar (5.3 ounces)
2 tsp. ground cinnamon
1 tsp. baking powder
1 tsp. baking soda
3/4 tsp. salt

1 1/2 cups low-fat buttermilk
1/4 cup canola oil
2 tsp. grated lemon rind (from one small lemon)
2 large eggs
2 cups frozen blueberries
2 tbsp. all-purpose flour
2 tbsp. granulated sugar (or a cinnamon/sugar mixture)

1. Preheat oven to 400°.
2. Place oats in a food processor; pulse 5 to 6 times or until oats resemble coarse meal. Place in a large bowl.
3. Weigh or lightly spoon flours into dry measuring cups; level with a knife. Add flours and next 5 ingredients (through salt) to oats; stir well. Make a well in center of mixture.
4. Combine buttermilk and next 3 ingredients (through eggs). Add to flour mixture; stir just until moist.
5. Toss berries with 2 tablespoons flour, and gently fold into batter. Scoop batter into 18 muffin cups coated with nonstick spray. (I use a 3 tbsp. cookie scoop that's filled a little over the top, so probably close to 1/4 cup) Sprinkle tops with either sugar or a cinnamon/sugar mixture (I keep some in a shaker container). Bake at 400° for 20 minutes or until muffins spring back when touched lightly in center. Remove from pans immediately; place on a wire rack. Store in a covered container at room temperature for up to a couple days, or refrigerate or freeze for longer storage.

Recipe Source: Cooking Light, August 2010

<http://michellesnewrecipes.blogspot.com/2013/07/blueberry-oatmeal-muffins.html>