

# Rolled Oat Muffins

## Ingredients

1 cup	rolled/quick oats
1 cup	buttermilk
1 cup	whole wheat flour
1/2 tsp	salt
1/2 tsp	baking soda
1.5 tsp	baking powder
1	egg, lightly beaten
1 tsp	vanilla
1/2 cup	packed brown sugar
1.5 cups	Your favorite combination of solid ingredients, eg: berries, dried fruit, choc. chips, nuts.



# Instructions

1. Preheat oven to 400 degrees F.
2. In large bowl, mix oats, milk, and vinegar and let soak 5 mins.
3. Meanwhile, in another large bowl, mix flour, salt, baking soda and baking powder.
4. Mix oil, sugar, egg, and vanilla into oat mixture.
5. Add your favorite combination of ingredients to the dry flour mixture and gently mix until coated.
6. Add the flour mix to the wet oat mix. Stir until just mixed. Do not overmix!
7. Put mix into lightly greased muffin tray. Makes 6-10 muffins. Bake for 15-20 minutes or until muffins are lightly browned.