



# 'Oatmilk' Whole Wheat Blueberry Muffins

By: Tracy Oldfather

Not really made with oatmilk.

When my son was young, he called oatmeal - "oatmilk"; the name stuck with us. He also would run through the kitchen, tap you on the arm and say, "Tag, you're it!" and run off. Anywho, these Oatmilk Blueberry Muffins are the best! So delicious and nutritious.



Makes: 12 delicious muffins

## Ingredients:

Dry

- 1-1/3 cups **Soft White Flour**, freshly milled
- 3/4 cup **Old Fashioned Oatmeal**
- Bean Flour**\* optional, see tips
- 2 Tbls **Flax Seed**, freshly ground, optional
- 1/4-1/3 cup **Sucanat**\*, or Brown Sugar or Raw Sugar
- 2-1/2 tps **Baking Powder**, aluminum free
- 1 tsp **Baking Soda**
- 1 tps **Sea Salt**
- 1/2 tsp **Cinnamon**
- 2 tsp **Sunflower Lecithin**, optional
- 1 cup **Blueberries** or other fruit

Liquids

- 1-1/4 cups **Buttermilk**\*
- 1 Eggs**
- 1/3 cup **Virgin Coconut Oil**\*, or melted butter
- 1/2 tsp **Vanilla**

Pan Coating recipe below tips



## Instructions

- 1. Preheat oven to 400 degrees. - Well grease muffin pan. - All ingredients best at room temperature.**
- 2. In a medium bowl, using a whisk combine all dry ingredients. Add blueberries;** stir to combine and coat.
- 3. In a separate bowl, whisk together liquids.**
- 4. Make a well in the flour mixture, pour in the liquid mixture and gently fold/stir** just to moisten. Batter should be very moist. Because fresh flour can absorb a lot of moisture, add more buttermilk if necessary to achieve a very moist batter. Over mixing batter can make muffins dense.
- 5. Fill prepared muffin cups 3/4 full.** If desired, sprinkle tops with a little more sugar.
- 6. Bake in preheated 400 degree oven for 20 plus minutes.**

That's it! Delicious and nutritious.

## Tips

**Flour** – You may use Hard White flour, or if you do not mill your own yet, then use unbleached organic all-purpose flour.

**Bean Flour** – Mill 1 tablespoons dried navy or other beans when you mill your grain. If you don't mill yet, no worries, just skip it. Bean flour adds so much extra nutrition. Power-up those muffins!

**Flax Seed** – Grind about 2 Tbls of whole flax seed to yield about 1/8 cup. It doesn't have to be exact.

**Sucanat** – Real brown sugar. Dehydrated raw cane juice with the molasses still in it; unprocessed, unbleached.

**Raw Sugar** – Dehydrated cane juice, molasses removed; unprocessed, unbleached.

**Buttermilk** – If you do not have buttermilk you can sour regular milk by adding 1 Tbls vinegar to the 1 cup regular milk. Stir and allow to “sour” for a few minutes before adding.

**Coconut Oil** – I use organic either virgin (has a slight coconut flavor) or expeller-pressed coconut oil for no coconut flavor. Use melted butter if you don't do coconut oil.



## Pan Coating

Best pan coating I have ever used for baking!

1/4 cup **Coconut Oil**    1/4 cup **Flour**    1/4 cup **Palm Shortening** or lard

Soften coconut oil and palm shortening in microwave for about 10-20 seconds. Whisk ingredients together until blended and smooth. Store cake pan coating in a glass jar in refrigerator. When ready to use allow mixture to come room-temp to soften a bit before using. Use a pastry brush or folded paper towel to coat inside of cake pans.