Super Moist Oatmeal Muffins

Yield: Approximately 1 dozen

Ingredients

1 c oats (old fashioned or Quick)
1 c buttermilk
2 egg whites
½ c brown sugar
¼ c canola
1 c flour
1 tsp baking powder
½ tsp salt
½ tsp baking soda

Directions

1. Soak oats in buttermilk for 15 min.
2. Mix brown sugar and canola oil into oatmeal/buttermilk mixture.
3. Stir in flour, baking powder, salt, and baking soda.
4. Fill greased or paper-lined muffin cups 3/4 full.
5. Bake at 375° for 15+ minutes in a convection oven, or 18 – 20 minutes in a conventional oven.

May add applesauce to mixture, or apples, or raisins, or nuts, etc. May sprinkle crystal sugar as a topping.