



The 1828 Trail Inn

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.