

Blueberry Oatmeal Chia Seed Muffins

Oscar · 28/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

24

Description

These blueberry and chia seed muffins are perfect for the lunch box the breakfastbrunch table or the coffee room at work Theyre so moist and bursting with blueberries

Ingredients

- - 1 cup all-purpose flour - 1 cup white sugar - 2 ½ teaspoons baking powder - 1 teaspoon salt - ½ teaspoon baking soda - 1 cup rolled oats - ½ cup chia seeds - 1 cup orange juice - ½ cup applesauce - ½ cup cooking oil - 2 eggs
- beaten - 2 cups blueberries - 2 tablespoons brown sugar - ¼ teaspoon ground cinnamon

Instructions

1. Preheat the oven to 375 degrees F (190 degrees C). Grease 24 muffin cups or line with paper liners. Sift flour
2. white sugar
3. baking powder
4. salt
5. and baking soda together in a large bowl; add oats and chia seeds. Mix orange juice
6. applesauce
7. oil
8. and eggs together in a bowl; stir into flour mixture until batter is just combined. Fold blueberries into batter. Spoon batter into prepared muffin cups
9. filling 3/4-full. Mix brown sugar and cinnamon together in a bowl; sprinkle over batter. Bake in the preheated oven until tops spring back when lightly pressed
10. about 18 to 20 minutes.