



Samantha Stiehl
BERRY RECIPES

GLUTEN FREE OAT-BERRY MUFFINS

🕒 Total Time:

- Prep Time: 10 minutes
- Cook Time: 18–22 minutes
- Total Time: ~30 minutes

Ingredients:

Dry Ingredients:

- 2½ cups oat flour
- 1¼ tsp baking powder
- ½ tsp baking soda
- ¾ tsp ground cinnamon
- ½ tsp salt
- Pinch of nutmeg (optional but cozy)

Wet Ingredients:

- ¼ cup raw honey (or ½ cup brown sugar)
- ½ cup milk
- ½ cup buttermilk (or plain yogurt)
- ⅓ cup neutral oil (vegetable, coconut, or avocado oil)
- 2 small to medium eggs
- 1 cup fresh or frozen blueberries

SAMANTHA'S SUGGESTIONS:

- Customise every muffin by trying raspberries, chopped apples, mango, or bananas instead of blueberries. Each one brings a whole new vibe.
- Warm one up and top with a dab of butter, nut butter, or even a spoon of thick Greek yogurt.
- Freeze extras in a zip-top bag, and you've got grab-and-go breakfast or snack options all week long.
- Drizzle with honey, maple syrup, or melted dark chocolate for a wholesome little treat.

Whether you enjoy them fresh out of the oven or toasted the next day, these muffins always hit the spot. 🍓💕🍌

Instructions:

- Preheat your oven to 350°F (175°C). Lightly grease or line a 12-cup muffin tin.
- In a large bowl, whisk together the dry ingredients: oat flour, baking powder, baking soda, cinnamon, salt, and nutmeg.
- In a separate bowl, whisk together the wet ingredients: eggs, honey (or sugar), milk, buttermilk (or yogurt), and oil until smooth.
- Combine the wet and dry mixtures, stirring until just incorporated. The batter should be thick but scoopable. Do not overmix.
- Scoop the batter evenly into the prepared muffin cups, filling each about ¾ full.
- Top your muffins: Drop a handful of blueberries into the top of each muffin. Gently press them in. This ensures that you have fruit evenly dispersed throughout your muffins and on top for a beautiful finish!
- Bake for 18–22 minutes, or until the tops are lightly golden and a toothpick inserted in the center comes out clean.
- Let cool in the pan for 5 minutes, then transfer to a wire rack to cool completely.