

Baked Oatmeal Muffins

By: Mel

Ingredients:

2 Cups Old fashioned oats

1/2 tsp fine sea salt

1/4 cup Truvia (ground into powder)

1 tsp aluminum free baking powder

2 eggs

1 Cup unsweetened almond milk

1 TBS EVOO (extra virgin coconut oil)

2 tsp vanilla or maple extract

Add in's: (the possibilities are nearly endless just choose a food on the FP or E list) I used about 1/2 a cup of blueberries and 1/2 a medium apple tossed in cinnamon.



Directions:

Preheat oven to 375 degrees Fahrenheit

Powder your Truvia in a coffee grinder or blender. Then mix all of the dry ingredients in a bowl. Then whip all your wet ingredients together in a separate bowl or blender. Make a shallow well in your dry ingredients and mix thoroughly and toss in you add in's and mix through. Use a measuring cup to ladle the mixture into your lined muffin cups should make 12 muffins Bake for 20-25 min allow to cool and enjoy. These muffins should last about a week in the fridge or about a month in the freezer.