

# Mixed Berry Oatmeal Muffins

## INGREDIENTS

- 1 cup rolled oats
- 1 cup whole wheat flour
- 1 1/2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 2 large eggs
- 1/2 cup Greek yogurt
- 1/3 cup honey or maple syrup
- 1 teaspoon vanilla extract
- 1/2 - 1 cup frozen strawberries
- 1/2 - 1 cup frozen blueberries
- 1/2 cup walnuts, chopped (optional)

SERVINGS: 12

TIME: 35 MIN



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## PROCEDURE

1. Preheat your oven to 350°F. Grease muffin tin with cooking spray.
2. In a large mixing bowl, combine the rolled oats, whole wheat flour, baking powder, and ground cinnamon.
3. In another bowl, whisk together the eggs, Greek yogurt, honey or maple syrup, and vanilla extract until smooth.
4. Pour the wet ingredients into the dry ingredients and stir until just combined. Do not overmix.
5. Gently fold in the frozen strawberries, blueberries, and walnuts (if using) until evenly distributed throughout the batter.
6. Spoon the batter into the prepared muffin tin, filling each cup about 3/4 full.
7. Bake for 20-25 minutes, or until cooked through.
8. Allow the muffins to cool in the tin for 5 minutes, then transfer them to a wire rack to cool completely.



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