

## **Sue's Oatmeal Muffins**

<b>1 ½ cups</b>	<b>oat flour</b>
<b>½ cup</b>	<b>gluten free flour blend*</b>
<b>1/3 cup</b>	<b>buttermilk powder</b>
<b>2 tsp</b>	<b>baking powder</b>
<b>1 tsp</b>	<b>baking soda</b>
<b>½ tsp</b>	<b>salt</b>
<b>1 tsp</b>	<b>cinnamon</b>
<b>½ tsp</b>	<b>nutmeg</b>
<b>1 cup</b>	<b>milk</b>
<b>¾ cup</b>	<b>oats</b>
<b>½ tsp</b>	<b>vanilla</b>
<b>1</b>	<b>egg</b>
<b>2 tbsp</b>	<b>egg whites</b>
<b>2/3 cup</b>	<b>brown sugar</b>
<b>¼ cup</b>	<b>oil</b>

**Add oats to milk and let stand. Blend together flours, buttermilk powder, baking powder, baking soda and spices.**

**Add brown sugar, vanilla, eggs and egg whites to milk mixture and blend. Add dry ingredients and blend well. Add oil at the end and mix well till the oil is well incorporated.**

**Scoop into muffin cups, bake at 350° for 20-25 mins for large muffins.**

**Makes about 12 large or 18 medium muffins.**

**Variation: Add ½ - ¾ cup of chocolate chips, or raisins**

**\*My favourite blend is – 2 cups white rice flour, 2/3 cup tapioca starch and 1/3 cup of potato starch**