



Blueberry and oat muffins



Ingredients



200g plain flour



50g



oats

plus

1

1

x 15ml



spoon

2

2 x 5ml



spoon



baking powder



150g light muscovado sugar

1



1 medium



egg,



beaten



284ml carton buttermilk



60ml vegetable oil



125g blueberries



Method








1   180°C  4
1. Preheat the oven to 180C, Gas Mark 4.




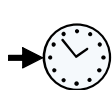



2  12   a  
2. Place 12 paper cases in a muffin tray.

3      and   a 
3. Mix together the flour, oats, baking powder and sugar in a large









bowl.




4       
4. In a separate bowl mix together the egg, buttermilk and oil.




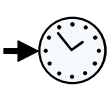

5      then  
5. Stir into the flour until combined, then stir in the



blueberries.

6      
6. Spoon the mixture into the paper cases and sprinkle over the

  
remaining 1 tbsp oats.

7     
7. Bake for 25 - 30 minutes until golden.