



Ingredients

- $\frac{3}{4}$ cup (180 mL) almond, rice, or Chiala milk
- 1 cup (250 mL) oatmeal
- 1 cup (250 mL) unrefined whole wheat flour
- 1 tsp (5 mL) non-alum baking powder
- $\frac{1}{2}$ tsp (2 mL) baking soda
- $\frac{1}{4}$ tsp (1 mL) sea salt
- 1 cup (250 mL) organic blueberries
- 1 free-range egg or [flax egg substitute](#)
- $\frac{1}{4}$ cup (60 mL) melted coconut butter
- $\frac{1}{3}$ cup (80 mL) honey

Instructions

1. Preheat oven to 400°F (200°C).
2. In a medium bowl combine milk substitute and oatmeal; soak for 10 minutes.
3. Combine flour, baking powder, baking soda, and sea salt in separate bowl. Fold in blueberries.
4. Beat egg lightly in medium bowl. Add melted coconut butter and honey to egg and beat.
5. Blend together egg mixture and oatmeal. Then add moist mixture to dry mixture and stir lightly.
6. Grease muffin tray or use paper muffin liners. Fill to top.
7. Bake for 20 minutes or until toothpick comes out clean.

Makes 12 muffins.