

Oatmeal Muffins

with Blueberries & Plums

Makes 12 large muffins

Ingredients

7 tbsp unsalted butter
3 tbsp vegetable oil
1 cup plain greek yogurt
1/4 cup almond coconut milk
3 eggs
1 banana, very ripe & mashed
2 tsp vanilla
2 1/4 cups all purpose flour
1/2 cup bran flakes
1/4 cup ground flax
1/4 cup quick oats
1 tbsp baking powder
1 tsp cinnamon

1/4 tsp salt
1/2 cup brown sugar
1 cup fresh blueberries
3 fresh plums, cubed
4 oz light cream cheese, 1 cm cubes

Crumble Topping

2 tbsp coconut butter
2 tbsp flour
3 tbsp brown sugar
3 tbsp quick oats
1/8 tsp cinnamon
2 tbsp coconut



Directions

1. Preheat the oven to 400F and set the rack to the middle of the oven.
2. Prepare your muffin tray with paper muffin cups or if you don't have them lightly butter the muffin tray and then sprinkle lightly with flour and then tap out the extra (I prefer the butter & flour method as this recipe may stick to some paper liners).
3. In a small bowl, combine the crumble topping until it forms, well, a crumble ;)
4. In a saucepan, over medium heat, melt the butter. Whisk the following ingredients into the butter in order: oil, yogurt, milk, eggs, banana & vanilla. Set aside.
5. In a large bowl, mix the flour, bran flakes, flax, oats, baking powder, cinnamon, salt and brown sugar together. Make sure there are no lumps in the the dry ingredients. Make a well in the dry ingredients and pour the liquid mixture into the well and gently fold with a rubber spatula just until the dry ingredients are combined and no longer visible.
6. Gently fold in the blueberries and plums until evenly combined, do not over mix.
7. Evenly fill your muffin tray 3/4 full of batter and then top with the crumble and a small cube of cream cheese.
8. Bake for 18-20 minutes or until a toothpick comes out clean from the center. Let cool.

Substitutions:

When it comes to this muffin recipe you can really play with it. Here are some of my favorites.

Yogurt & milk: buttermilk

Blueberries & plums: raspberry & rhubarb (heavenly)

Vegetable oil: applesauce

Quick oats: Old fashioned oats (they add a hearty texture and look pretty)

Love from the ov,
Sara