



Niagara County Office for the Aging  
111 Main Street, Suite 101  
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*Eat Well...Stay Well Dining Program*  
439-4030

*Recipe provided by Niagara County Office for the Aging,  
Eat Well...Stay Well Dining Program*

### **Blueberry Oatmeal Muffins**

1 2/3 cups quick-cooking oats  
2/3 cup flour  
1/2 cup whole wheat flour  
3/4 cup light brown sugar  
2 tsp ground cinnamon  
1 tsp baking soda  
3/4 tsp salt  
1 1/2 cups buttermilk  
1/4 cup canola oil  
2 large eggs  
2 cups frozen blueberries

1. Preheat oven to 400°F
2. Pulse oats in a food processor until they resemble coarse meal. Place in large bowl.
3. Add flours and next 5 ingredients (through salt) to bowl with oats. Stir well with whisk.
4. Combine buttermilk, oil, and eggs in small bowl stir well with whisk. Add to flour mixture, stirring just until moist.
5. Gently fold berries into batter.
6. Spoon batter into 16 muffin cups coated with cooking spray.

Bake at 400°F for 20 minutes. Remove from pans immediately.  
Place on wire rack to cool.