

STRAWBERRY OATMEAL MUFFINS

Delicious summertime strawberry bites to punch up your mornings & deliver tasty vitamin C, in a beautiful muffin (the kind you want)!

SERVINGS	SERVING SIZE	TIME TO MAKE
12	1 MUFFIN	45 MINUTES

INGREDIENTS

Dry Ingredients

- 1 ¼ cup All Purpose Flour (leveled off)
- 1 cup Old Fashioned Rolled Oats
- ½ cup Brown Sugar, packed
- ½ teaspoon Baking Soda
- ½ teaspoon Baking Powder
- ½ teaspoon Salt

Wet Ingredients

- 1 Banana, medium, ripe, mashed
- 1 Egg, large
- 3 Tablespoons Kefir, coconut cream
- 1/3 cup Kefir, plain
- ½ cup Strawberries, fresh and chopped

DIRECTIONS

1. Preheat oven to 400 degrees F
2. Coat 12 cup muffin pan with cooking spray or coconut oil or use cupcake liners
3. In a large bowl, mix dry ingredients (flour, oatmeal, brown sugar, baking soda, baking powder, nutmeg, cinnamon, and salt) and mix well until ingredients evenly distributed
4. In a large bowl, add both kefir, egg and banana. Mix well until ingredients are evenly distributed
5. Add strawberries to wet ingredients and gently mix
6. Gently add 1/3 of the dry ingredients to the wet ingredients and gently mix.
7. Repeat this step until all ingredients are combined and gently mixed together.
8. Scoop ingredients into prepared muffin pan, filling about ½ to 2/3 full of each muffin tin.

9. Bake for about 20 minutes or until toothpick inserted comes out clean. Depending on size of muffin tin (smaller or larger) you may need to adjust the time.
10. Once removed from oven, leave in the muffin pan for about 5-8 minutes and then pop out onto a wire rack to continue to cool or enjoy nice and warm...just be mindful you don't burn your eager tongue (save that for moments of sweet endearment).
11. Enjoy!

Nutritional Information per serving: 158 Calories, 2 grams Fat, 1 gram Saturated Fat, 17 mg Cholesterol, 178 mg Sodium, 31 grams Total Carbohydrates, 2 gram Fiber, 10 grams Sugar, 3% Vitamin A, 5% Vitamin C, 4% Calcium, 8% Iron