

Blueberry Muffins with Crumb Topping



Servings: 12

For the Blueberry Muffins:

*1/2 cup rolled oats
1/2 cup water
2 large eggs
2 tablespoons olive oil
1 cup all-purpose flour
1/4 cup brown sugar
1/4 teaspoon baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
1 cup blueberries*

For the Crumb Topping:

*1/4 cup unsalted butter, melted
1/2 cup rolled oats
1/4 cup all-purpose flour
1/4 cup brown sugar
1/4 cup chopped walnuts
1/4 teaspoon ground cinnamon*

For the Blueberry Muffins:

In a bowl combine rolled oats, water, eggs, olive oil, all-purpose flour, brown sugar, baking powder, baking soda, and salt. Mix until combined.

Fold in the blueberries.

Divide the batter between 12 muffin cups lined with paper liners.

For the Crumb Topping:

In a bowl combine melted butter, rolled oats, all-purpose flour, brown sugar, chopped walnuts, and ground cinnamon. Mix until combined.

Sprinkle the crumb mixture over top of the muffins.

Bake in a 375°F oven for 15-20 minutes or until a toothpick inserted in the middle comes out clean.

Cool slightly on a wire rack.

Serve warm.

Per Serving (excluding unknown items): 178 Calories; 9g Fat (45.3% calories from fat); 4g Protein; 21g Carbohydrate; 1g Dietary Fiber; 41mg Cholesterol; 97mg Sodium; 6g Total Sugars; trace Vitamin D; 27mg Calcium; 1mg Iron; 70mg Potassium; 78mg Phosphorus. Exchanges: .