

Pood-Free Oat Berry Pudding Muffins

This is a great way to use leftover oatmeal that kids don't eat at breakfast. If you cook the oats in milk, then they become soft and creamy, making the muffins pudding-like (especially with added milk and three eggs!).

Ingredients:

Wet:

½- 1 cup of leftover oatmeal (Note: preferably cooked with some milk)

3 eggs

½ cup of plain yogurt

1 teaspoon of vanilla

2 Tablespoons of olive oil

Dry:

1 cup of rolled oats, raw

1 cup of oat flour

1 teaspoon of salt

1 teaspoon of baking soda

At the end...

1-1 ½ cups of frozen blueberries or any mixed berries, thawed and warmed up in the microwave (make sure they are warmed up completely; keep the juice)

Steps:

1. Preheat the oven to 350 degrees Fahrenheit.
2. Mix all the wet ingredients together.
3. Add the dry ingredients and thoroughly combine.
4. Fold in the warmed up berries. Note: The batter is quite wet. That's ok! It will firm up in the oven because it's packed with protein.
5. Grease a muffin pan thoroughly with vegetable oil.
6. Fill up the muffin pans so they are just at the top of the pan.
7. Bake until a fork comes out clean (approximately 22-24 minutes).