

Blueberry Oat Muffins

2/3 cup milk

2 cups biscuit mix

1/3 cup packed brown sugar

½ cup quick cooking oats

1 Tablespoons vegetable oil

1 cup fresh or frozen blueberries

1 egg

Heat oven to 400 degrees. Grease bottoms of muffin pan only with cooking spray or use paper baking cups. In a large bowl, mix well: milk, brown sugar, oil and egg. Stir in biscuit mix and oats until just moistened. Fold in blueberries. Divide batter evenly among muffin cups. Bake 18-20 minutes or until golden brown.

12 servings, 1 muffin each

Calories per serving: 160

Cayleigh Moore

Houston County

Intermediate – Bread and Cereal