



## **KEFIR CULTURED BLUEBERRY OATMEAL MUFFINS**

easy to make, moist, light and fluffy!  
makes one dozen large or 3 dozen small

<b>3 C. Oatmeal 3 C. Kefir 1½ C. raw sugar</b>	<b>Mix oatmeal, kefir and raw sugar in large bowl, and set aside to culture for 10 minutes.</b>
<b>3 C. whole wheat flour 1 Tbsp. baking powder 1½ tsp. soda</b>	<b>In smaller mixer bowl combine flour, baking powder, and soda.</b>
<b>3 eggs ¾ C. melted butter</b>	<b>Add egg and melted butter to oatmeal batter, and mix well.</b>
<b>1½ C. blueberries</b>	<b>Add dry ingredients to oatmeal batter all at once, stirring just until moistened. Fold in blueberries. Fill well-greased muffin pan ¾ full &amp; bake at 400° F., 15-20 min. for small muffins &amp; 30 min. for large.</b>

