



Blueberry Lemon Oat Muffin

INGREDIENTS

1/8 cup lemonade concentrate
3/8 cup water, mix with lemonade concentrate
1/2 cup quick oats

1 egg
1/2 cup canola oil
1/2 cup sugar

1 1/2 cups flour
1 1/4 teaspoons baking powder
1/4 tsp baking soda
1/2 tsp salt

1 1/4 cups blueberries

1/8 cup lemonade concentrate
1 tsp sugar

DIRECTIONS

- Mix oats with lemonade to soften. (About 15 minutes)
- Mix together egg, oil, and sugar. Add oat mixture

- Combine dry ingredients, then add blueberries. Combine the dry mixture with the oat mixture. Stir until just moistened; do not overmix.

- Fill greased or paper-lined muffin tins 2/3 full. Bake at 400 degrees F. for 16 to 18 minutes. Brush top with lemonade concentrate, and sprinkle with sugar. Makes 1 dozen medium muffins.

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