

Coconut Oat Blueberry Muffins

Ingredients:

1 cup plain rolled oats
1 cup whole wheat flour
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon salt
1 1/2 cups flaked sweetened coconut
grated rind of one large orange
1 egg
1/2 cup liquid pasteurized honey
3 Tablespoons oil
1 Tablespoon vinegar
juice 1 orange and add water to make 1 cup of liquid (I did 1 1/2 oranges because I didn't get a lot of juice out of mine)
1 to 1 1/4 cups fresh or frozen blueberries



1. Preheat oven to 350 degrees F.. Line a muffin tin with paper cups.
2. Combine the dry ingredients into a large mixing bowl; oats, flour, baking powder, baking soda, and salt. Add the coconut flakes and orange rind to the dry ingredients.
3. Get a separate bowl and beat the egg. Then incorporate the wet ingredients: honey, oil, vinegar, juice, and water. Add the wet ingredients to the dry mix and stir until just moist. Fold in the blueberries. Pour batter into muffin cups, being careful not to let any batter spill onto the tin. Bake in a preheated oven 20-25 minutes. Remove muffins from the pan and cool on a wire rack.

Source: Gerry Harvey, RWW coordinator