



## Overnight Oatmeal Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



24

CALORIES



107 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup brown sugar dark packed
- ☐ 0.7 cup blueberries dried
- ☐ 2 large eggs lightly beaten
- ☐ 2 cups buttermilk low-fat
- ☐ 1 cup regular oats
- ☐ 1 teaspoon salt

- ☐ 2 tablespoons vegetable oil
- ☐ 1.7 cups flour whole wheat

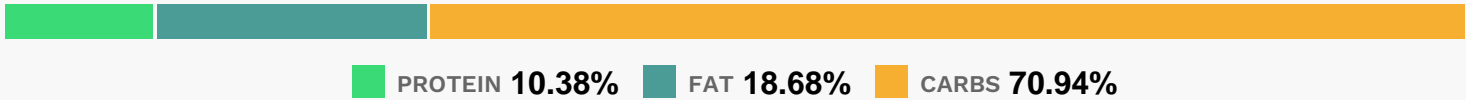
## Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ muffin liners
- ☐ measuring cup

## Directions

- ☐ Combine oats and buttermilk in a medium bowl; cover and refrigerate overnight.
- ☐ Preheat oven to 35
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Place buttermilk mixture, flour, and next 6 ingredients (flour through eggs) in a large bowl; beat with a mixer at medium speed until smooth. Fold in blueberries.
- ☐ Spoon 1/4 cup batter into each of 24 muffin cups coated with cooking spray.
- ☐ Bake at 350 for 15 minutes or until muffins spring back when touched lightly in center.
- ☐ Remove muffins from pans immediately; place on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:5.5, Glycemic Load:0.82, Inflammation Score:-1, Nutrition Score:4.1800000065047%

## Nutrients (% of daily need)

Calories: 106.88kcal (5.34%), Fat: 2.28g (3.51%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 19.51g (6.5%), Net Carbohydrates: 17.72g (6.44%), Sugar: 10.04g (11.16%), Cholesterol: 16.3mg (5.43%), Sodium: 199.08mg (8.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.71%), Manganese: 0.47mg (23.39%), Selenium: 7.89µg (11.27%), Phosphorus: 73.58mg (7.36%), Fiber: 1.79g (7.16%), Magnesium: 19.45mg (4.86%), Calcium: 47.91mg (4.79%), Vitamin B1: 0.07mg (4.39%), Vitamin B2: 0.07mg (4.05%), Iron: 0.67mg (3.75%), Potassium: 120.96mg (3.46%), Zinc: 0.48mg (3.2%), Copper: 0.06mg (2.79%), Vitamin B6: 0.05mg (2.7%), Vitamin B3: 0.47mg (2.37%), Vitamin K: 2.34µg (2.23%), Vitamin B5: 0.22mg (2.16%), Folate: 7.77µg (1.94%), Vitamin E: 0.22mg (1.47%), Vitamin B12: 0.08µg (1.35%)