



Blueberry Oatmeal Muffins

2 cups raw rolled oats, ground in blender or food processor
2 tsp cinnamon
2 tsp baking powder
1 tsp vanilla
1 tsp maple syrup
1 tsp fructose or stevia
3 eggs
9 egg whites
¾ cup blueberries

Combine eggs, cinnamon, baking powder, vanilla, maple flavoring, fructose or stevia, and eggs.
Add ground oats and blueberries.

Divide batter into 6 lightly greased muffins, using large muffin tins. No muffin papers.
Bake 29 minutes in a preheated 350° oven.

These muffins are packed with protein and fiber and naturally low glycemic.

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