

## Oatmeal – Flaxseed Muffins

Patty Lyons

This is a double recipe (makes 24 muffins)

Preheat oven to 350 F. Spray 2 muffin pans with cooking spray (Pam)

Wet ingredients: (Blend well in small bowl)

2 1/3 cups milk or buttermilk

2 eggs – beaten

2/3 cup olive oil

2 tsp. vanilla

Dry ingredients: (Blend well in large bowl)

1/4 cup Truvia and 6 packets Splenda

1 1/2 cups oats

1/2 cup flaxseed meal

2 cups Bob's Mill Baking Flour

1 1/2 sea salt

1 tsp. soda (omit if using plain milk)

3 tsp. baking powder

3 tbsp. cinnamon

3 tbsp. cumin (optional)

1 cup chopped or ground walnuts or pecans

1 cup unsweetened coconut (I grind with nuts)

Instructions:

Slowly pour wet ingredients into the dry ingredients. Mix gently until all flour mixture is moistened (batter will be lumpy)

Fill each muffin cup full. Bake at 350 F for 16 to 18 minutes. Remove from oven and immediately remove muffins from pan onto cooling racks. Allow to cool 15 minutes.

Place muffin in freezer bags This recipe freezes well.

Enjoy! all 24 medium muffins!