

QUAKER 100% OAT FLOUR BLUEBERRY MUFFINS

Prep Time: 40 Mins
Yield: 6 Muffins

INGREDIENTS

1-½ cups Quaker® Oat Flour
1 tsp. baking powder
½ tsp. salt
¼ cup vegetable oil
⅓ cup maple syrup
1 Tbsp. vanilla extract
3 large eggs
¼ cup milk (or milk alternative)
½ cup fresh blueberries

Optional:
Zest of large lemon
Juice of ½ lemon
2 tsp. poppy seeds

1. **PREHEAT** oven to 350°F (180°C). Spray muffin pan with cooking spray or line with 6 paper liners.
2. **BEAT** eggs, oil, maple syrup and vanilla in large mixing bowl.
3. **COMBINE** oat flour, baking powder and salt, then add to egg mixture. Stir until just blended.
4. **FOLD** blueberries into batter until they are evenly incorporated. Let batter rest for 5-10 minutes.
5. **SPOON** batter evenly into muffin pan.
6. **BAKE** 25-30 minutes or until the centers are cooked through.
7. **REMOVE** from oven and cool before serving. Enjoy!

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Nutrition Facts

About 19 servings per container
Serving size 1/4 cup (30g)

Amount per serving
Calories 110

	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 3g	**10%**
Soluble Fiber 1g	
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 4g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 1.1mg	6%
Potassium 120mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Whole grain oat flour.

DISTRIBUTED BY:
THE QUAKER OATS COMPANY
P.O. BOX 049003
CHICAGO, IL 60604-9003 U.S.A.
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1 CUP WHEAT FLOUR LEVELED = 1¼ CUP OAT FLOUR LEVELED

CONVERSION TIP

Oat flour is significantly lighter than wheat flour. If your recipe calls for 1 cup of regular wheat flour, you can start by substituting it with 1 ¼ cup of Quaker Oat flour and adding more liquid if the batter or dough seems too dry. The goal is to have the Oat flour substitute weigh the same as the wheat flour.
Visit our website to learn more.

smartlabel®
Scan here for more food information or call
1-800-367-6287

100% WHOLE GRAIN 30g or more per serving
WholeGrainsCouncil.org
100% OF THE GRAIN IS WHOLE GRAIN

SAFE HANDLING INSTRUCTIONS: This product is made with raw flour so it is not ready-to-eat and must be thoroughly cooked before eating to prevent illness from bacteria in the flour. Do not eat or play with raw dough; wash hands, utensils, and surfaces after handling.

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QUAKER OAT FLOUR
0 30000 57591 8

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