



# OLO Muffins

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## Ingredients

1 ½ cup	Oat flakes	375 ml
½ cup	Flour, all purpose	125 ml
½ cup	Flour, whole wheat	125 ml
1 tsp	Baking powder	5 ml
½ tsp	Baking soda	2.5 ml
¼ tsp	Salt	1 ml
¼ cup	Vegetable oil	60 ml
1	Egg	1
1 cup	Milk	250 ml
½ cup	Sugar	125 ml
1 cup	Fruits of your choice (view variations below)	250 ml



## Preparation

1. Preheat the oven to 350° F (175° C). Oil a muffin pan or place paper baking cups into the pan.
2. In a bowl, mix oat flakes, flours, baking powder, baking soda and salt.
3. In a large bowl, combine oil, egg, milk and sugar. Add the chosen fruits and mix.
4. Add the flour mixture to the liquid mixture and stir gently.
5. Using a spoon, fill the muffin pan.
6. Bake in the oven for 30 minutes. Stick a toothpick in the center of the muffin; if it comes out clean, the muffins are ready!



## FRUIT VARIATIONS

### For step #3

1. 1 cup (250 ml) of frozen fruits (ex: blueberries, raspberries, strawberries, blackberries, etc.)
2. 1 mashed banana + 1/3 cup of chocolate chips
3. 1 medium apple, peeled and diced
4. 1 cup (250 ml) of pureed squash + ½ tsp (2.5 ml) of ground nutmeg + ½ tsp (2.5 ml) of cinnamon
5. 1 medium pear, diced + 1/3 cup (80 ml) of dried cranberries, chopped
6. 1 cup (250 ml) of grated carrot + ¼ cup (60 ml) of dried raisins + ½ tsp (2.5 ml) of cinnamon



Adapted from: [fondationolo.ca](http://fondationolo.ca)