



# Blueberry Oat Muffins

From the Forks Over Knives companion book.

## Tools

Large bowl (food processor or mixer bowl, if using)

Small bowl

Cup (or larger) measure

Measuring spoons: 1 tsp, 1/2 tsp, 1/4 tsp

Nonstick muffin pan and muffin cups

## Ingredients

2 cups oat flour (500 ml)

1/2 tsp baking soda

1/2 tsp baking powder

1/2 tsp salt

1 tsp ground cinnamon

1/2 tsp ground nutmeg

1/4 tsp ground ginger

1 medium banana

1/4 cup 100% pure maple syrup  
(optional)

1 tsp vanilla extract

2 sweet potatoes

1 cup fresh or frozen blueberries

## At Home



1. Wash your hands. Peel the sweet potatoes, and using the best knife, dice them. Boil them for about 10-15 minutes or until soft.

2. Preheat the oven to 475°F. In a small bowl, combine the oat flour, baking soda, baking powder, salt, and selected spices.

3. In the large bowl, mash or pureé the banana and the boiled sweet potatoes together with the vanilla.

4. Pour the dry ingredients into the wet ingredients and mix together gently until combined. Fold in the blueberries.

5. Spoon the batter into 8 silicone or non-stick paper muffin cups and bake for 20 minutes or until the muffins are lightly browned. Remove from oven and let cool for 5 minutes. Bring to camp in a silicone or plastic bag and store in the cooler.

