

# Healthy Oat Muffins



## Ingredients

- 1 tub of natural, full-fat, unsweetened yogurt
- 2 of the yogurt tubs full of roll oats (whatever container of yogurt you used, just use the tub to measure oats)
- 1 tsp baking soda
- 1 tbs milk
- 1 egg
- 1 pinch sea salt (optional)
- Dried fruit, nuts, seeds, spices (optional)

## Method

Mix natural yogurt, egg and milk in a bowl and set aside.

Next, mix the oats, baking soda, salt and any dried fruit, seeds, nuts or spices you're using.

Add the dry ingredients to the wet ingredients, using care while stirring. Scoop from the bottom up and drop the mixture, bringing air into it, rather than vigorously stirring around.

Drop the mixed batter into greased or lined muffin tin or bread pan without pressing or smoothing.

Sprinkle seeds or nuts on top.

Bake: Muffins – 40 minutes at 180, Bread – 1 hour at 180

## Recipe options

Easily make this recipe gluten free, by using certified gluten free oats and baking soda. Although oats are gluten free by nature, they are often processed alongside wheat and other gluten-containing grains.

You can also turn your simple oat muffin into a dessert by adding 2 tsp of cinnamon or other spices and some raisins.

Adding nuts and seeds can help to further reduce any blood sugar sensitivities, by increasing the amount of protein.

Source: Saving the Green



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