

Blueberry Pumpkin Muffins

$\frac{3}{4}$ cup (175 ml) flour

$\frac{3}{4}$ cup (175 ml) instant rolled oats

$\frac{2}{3}$ (150 ml) cup sugar

2 tsp. (10 ml) Baking powder

$\frac{3}{4}$ tsp. (4 ml) Salt

$\frac{1}{2}$ tsp. (2 ml) Ground cinnamon

$\frac{1}{2}$ tsp. (2 ml) Nutmeg

$\frac{1}{2}$ cup (125 ml) canned pumpkin purée

$\frac{1}{2}$ cup (125 ml) milk

1 egg

$\frac{1}{4}$ cup (50 ml) butter, melted

$\frac{3}{4}$ cup (175 ml) fresh or frozen wild blueberries

Preheat oven to 400 F. (200 C.) Grease and flour a muffin pan or use paper liners.

In a medium mixing bowl, combine flour, rolled oats, sugar, baking powder, salt, cinnamon and nutmeg. In large mixing bowl, stir together the pumpkin, milk, egg and butter. Stir in the dry ingredients, until everything is just combined. Fold in the blueberries. Spoon into muffin tins.

Bake until the muffin tops spring back when lightly presses – around 20 minutes.