



Release & Embrace

Release the past, embrace the future

Jumbo Oatmeal Berry Muffins

Prep Time: 10 mins Cook Time: 30 mins

Serves: 6-7 jumbo muffins

Ingredients

- 2 eggs (or egg substitutes)
- ¼ cup olive oil
- ¼ cup coconut sugar
- ½ cup applesauce
- 1 ½ cups milk (almond, oat, coconut)
- 1 tsp vanilla extract (or powder)
- ½ tsp salt
- 1 T ground cinnamon
- ½ T turmeric
- ½ T ginger
- 1 T ground chia seeds
- 1 T ground flax seeds
- 1-3 T hemp seeds
- 1-2 T pumpkin seeds
- 2-3 servings protein powder
- Fruit (blueberries, cranberries, blackberries)
- 3 ½ cups gluten free rolled oats
- 2 tsp baking powder

Instructions

Note: Cinnamon is not a low histamine spice. Only use if you know you can tolerate it.

1. Preheat the oven to 350 degrees. Grease muffin pan with coconut oil (or your favorite oil).
2. In a large bowl, whisk the eggs, oil, and sugar until sugar is dissolved. Add the applesauce, milk, vanilla, salt, and cinnamon. Whisk until well combined. Stir in spices, chia/flax seeds, and protein powder. Add in fruit. Stir in the oats and baking powder.
3. Fill the muffin tins full.
4. Bake for 30 mins. Let them cool for 15 mins before eating. Store in an airtight container in the refrigerator or freeze.