

# chattavore

## BLUEBERRY OATMEAL MUFFINS WITH LEMON GLAZE

Prep time: 15 minutes

Cook time: 35 minutes (includes time to toast the oats and make the glaze)

Makes 12 muffins

- 8 tablespoons unsalted butter
- 2 cups (6 ounces) old-fashioned/rolled oats
- 1 3/4 cups (8 3/4 ounces) all-purpose flour
- 1 1/2 teaspoons salt
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 1/3 cup (9 1/3 ounces) brown sugar
- 1/2 cup sour cream
- 1 1/4 cup buttermilk
- 2 large eggs
- 1 1/2 cups frozen blueberries

For the glaze

- 1/2 cup granulated sugar
- juice and zest of 1 lemon

1. Preheat the oven to 375 degrees. Generously grease a 12-cup muffin tin and set aside.
2. Melt 6 tablespoons of the butter and set aside. Heat the remaining 2 tablespoons in a 10-inch skillet over medium heat. Add the oats and cook for 6-8 minutes, stirring frequently, until they smell nutty and turn golden brown. Place in a food processor or blender and blend until the oats are pulverized into a fine flour, about 30 seconds (a less powerful blender may take a little longer).
3. Add the flour, salt, baking powder, and baking soda to the oats. Pulse several times to thoroughly combine.
4. In a large bowl, whisk together the brown sugar and butter until well combined. Add the butter and the eggs and whisk until well combined. Carefully use the whisk to fold in half of the oat mixture, tapping the whisk against the side of the bowl to remove any dry bits that get caught in the whisk. Repeat with remaining dry ingredients.
5. Add the blueberries and use a rubber spatula to fold the blueberries into the batter. Divide among the muffin cups. Bake for 20-25 minutes, until a toothpick inserted in the center of a muffin comes out clean. Cool in the pan for 10 minutes then turn onto a cooling rack (loosen with a knife or spatula if needed) and completely to warm before serving.
6. To make the glaze, combine the sugar, lemon juice, and zest in a small saucepan. Cook and stir until the sugar is dissolved and the mixture has reduced slightly. Be careful not to overcook as this will cause the glaze to harden when you put it on the muffins.
7. While the glaze is still warm, drizzle it over the muffins. Store the muffins in an airtight container for 2-4 days (because they are so moist they will mold quickly).