

Jill's Joyful Kitchen



Cinnamon Oatmeal Muffins

1 cup oatmeal, uncooked (not instant)
1 cup soymilk
1 tablespoon apple cider vinegar
¼ cup brown sugar
¼ cup organic cane sugar
1/3 cup canola oil
1 and ½ teaspoon egg replacer
¼ teaspoon cinnamon
1 and ¼ cups flour
½ teaspoon salt
½ teaspoon baking soda
1 teaspoon baking powder

Preheat oven to 400 degrees. Line a cupcake/muffin tin with 12 cupcake liners. Spray each liner with non-stick spray. Measure the soymilk in a small bowl or glass measuring cup. Add the apple cider vinegar and stir. In a large mixing bowl combine the oatmeal with the soymilk/apple cider vinegar mixture. Let it stand for a few minutes for the oatmeal to absorb the milk. Mix in the egg replacer, sugars, and oil and stir well until thoroughly combined. Add the rest of the ingredients and gently stir until combined. Spoon the batter into the muffin cups. Bake for 15 minutes.

Optional: mix one teaspoon cinnamon with one teaspoon sugar and sprinkle over the batter just before baking.