IRISH OATMEAL MUFFINS
Adapted from The Breakfast Book by Marion Cunningham

INGREDIENTS

2 cups buttermilk
1 cup rolled oats
butter for greasing pan
2 eggs
3/4 cup dark brown sugar
1 2/3 cups whole wheat flour
1 teaspoon baking soda
1 teaspoon salt
2 tablespoons light olive oil

The Irish often cook their oatmeal all night long for a rich and creamy effect. These muffins take on that same flavor from overnight soaking in buttermilk. (Note the soaking step before you get started!) These muffins are delicious with chopped peaches folded into the batter or just lay slices on top of the muffin prior to baking. If you don’t have buttermilk, you can either add 2 tablespoons apple cider vinegar to 2 cups whole milk, or use a combination of 1 cup whole milk and 1 cup plain yogurt. You could also replace the vegetable oil with applesauce if desired.

METHOD

Combine the buttermilk and oats in a bowl. Stir well, cover, and let rest in the refrigerator at least 6 hours or overnight.

Preheat the oven to 400°. Grease muffin pan with butter.

Beat the eggs lightly in a mixing bowl until combined.

Add the sugar and beat until smooth, then add the buttermilk/oat mixture.

In a small bowl whisk together the flour, salt and baking soda, then fold into the egg mixture. Add the oil and stir until just combined.

Fill the muffin tins 3/4 full with batter. Bake 20 for minutes or until the muffin top springs back when gently touched and the muffins are lightly browning around the edges. These muffins tend to be very moist, so a little over baked is better than under baked.