

# 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

## 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.