

Triple Berry Muffins

Ingredients:

1 cup all-purpose flour



$\frac{1}{4}$ cup whole wheat flour



1 cup rolled oats



$\frac{1}{4}$ cup brown sugar



$\frac{1}{2}$ tsp salt



$\frac{1}{4}$ tsp cinnamon



1 Tbsp baking powder



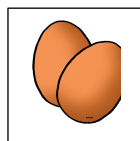
1 cup milk



$\frac{1}{4}$ cup vegetable oil



2 large eggs

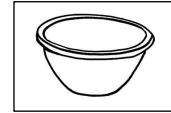


1 cup frozen berries



Supplies:

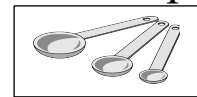
Large bowl



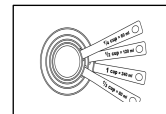
Large spoon



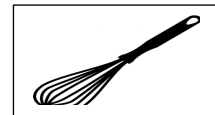
Teaspoon and Tablespoon



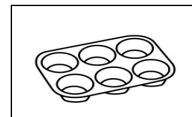
Measuring cups



Whisk



Muffin tray



Muffin tray liners



Steps:

1. Preheat the oven to 500 degrees. In a large bowl, combine the all-purpose and whole wheat flours, oats, brown sugar, white sugar, salt, baking powder, and cinnamon. Stir well.
2. In a separate bowl, whisk together the milk, eggs, and oil.
3. Pour the whisked wet ingredients into the bowl with the dry ingredients. Stir just until they are combined, it doesn't need to be perfectly mixed. There may still be clumps and a few dry spots, but it's important to avoid over mixing.
4. Add the frozen berries to the mixture and gently fold in. Again, avoid over mixing because the berry juice will turn the muffins blueish grey.
5. Line eight muffin tin cups with paper liners, then fill each one to the top with the muffin batter.
6. Transfer the muffin tin to the oven and immediately turn the heat down to 400 degrees. Bake for 22-25 minutes, or until the muffins

have risen into peaks, have cracked slightly, and are deep golden brown on top.

7. Remove the muffins from the oven and the muffin tin and allow them to cool.