



FOOD DRINK AND CONVERSATION  
FROM AROUND THE TABLE

## **Overnight Oatmeal Muffins**

slightly modified from Cooking Light Magazine

1 cup regular oats  
2 cups low-fat buttermilk  
1 2/3 cups whole wheat flour  
3/4 cup packed dark brown sugar  
2 tablespoons vegetable oil  
1 teaspoon baking powder  
1 teaspoon baking soda  
1 teaspoon salt  
2 large eggs, lightly beaten

### Optional Additions:

2 ripe, mashed blueberries  
or 1 1/2 cups fresh blueberries  
Dried cranberries and walnuts

Combine oats and buttermilk in a medium bowl; cover and refrigerate overnight.

Preheat oven to 350°.

Lightly spoon flour into dry measuring cups; level with a knife.

Place buttermilk mixture, flour, and next 6 ingredients (flour through eggs) in a large bowl; beat with a mixer at medium speed until smooth. Fold in bananas, blueberries or dried fruit and nuts.

Spoon 1/4 cup batter into each of 24 muffin cups coated with cooking spray. Bake at 350° for 15 minutes or until muffins spring back when touched lightly in center. Remove muffins from pans immediately; place on a wire rack.