



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

OATMEAL DATE BUTTERMILK MUFFINS

Preheat oven 350°F

2 cups large flake oatmeal
2 cups buttermilk
 $\frac{3}{4}$ cup brown sugar
2 eggs
 $\frac{3}{4}$ cup canola oil
1 cup whole wheat flour
1 cup all purpose flour
2 teaspoons baking soda
1 teaspoon baking powder
1 teaspoon salt
2 cups dates, pitted and chopped

Combine oats and buttermilk and allow to sit for 1 hour.

In a large mixing bowl, beat eggs until frothy

Add oil and sugar then beat well

Stir in oat mixture.

Mix flours, baking soda, baking powder and salt together then stir into egg/oat mixture.

Line 12 muffin cups with over sized liners

Divide batter between the 12 cups.

Check at 20 minutes. Muffins are bakes when a wooden skewer comes out clean after being inserted in the centre of the muffin.

THE LOVE: Make sure you allow the oats the full hour to soak up the buttermilk!