Breakfast Blueberry Oatmeal Cakes; **Serves 6:** 2 oatmeal cakes each

**Ingredients:**

2 ½ cups old-fashioned rolled oats

1½ cups low fat milk

1 large egg, lightly beaten

½ cup pure maple syrup

2 tbsp canola oil

1 tsp vanilla extract

1 tsp ground cinnamon

1 tsp baking powder

¼ tsp salt

¾ cup blueberries, fresh or frozen

**Directions**

1. Combine oats and milk in a large bowl. Cover and let soak in the refrigerator until much of the liquid is absorbed, at least 8 hrs and up to 12 hrs.
2. Preheat oven to 375˚ F. Coat a 12 cup non-stick muffin tin with cooking spray, or use muffin liners.
3. Stir egg, maple syrup, oil, vanilla, cinnamon, backing powder and soaked into the soaked oats, until well combined. Divide mixture among the muffin cups (about ¼ cup each). Top each with 1 tbsp blueberries.
4. Bake the oatmeal cakes until they spring back when touched, 20-25 minutes. Let stand in the pan for 10 minutes. Loosen and remove with a paring knife.
5. Refrigerate for up to 2 days or freeze for up to 3 months.

**Calories**: 264; **Fat**: 9g; **Carbohydrates**: 41g; **Protein**: 7g; **Fibre**: 4g; **Total** **sugars**: 18g.