

*These citrus-scented muffins make a hearty breakfast or snack. Bake up a batch on the weekend, wrap and freeze the leftovers for grab-and-go weekday breakfasts. To thaw muffins in the microwave, remove plastic wrap, rewrap in paper towel and microwave at defrost for 1 to 2 minutes.*

- 2 large eggs
- 2/3 cup packed light brown sugar
- 1 cup buttermilk\*
- 1 1/2 tablespoons freshly grated lemon zest (1-2 lemons) (if you are out of lemon, lime is great too!)
- 1/3 cup orange juice
- 1/4 cup canola oil
- 1 teaspoon vanilla extract
- 1 1/2 cups **Vermont Morning®** multi-grain hot cereal (*not* cooked)
- 1 cup whole-wheat flour
- 3/4 cup all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup fresh or frozen blueberries
- 1/3 cup coarsely chopped walnuts *or* hazelnuts (optional) (1 1/4 ounces)

1. Preheat oven to 400°F. Coat 12 standard-size (2 3/4-by 1 1/4-inch) muffin cups with cooking spray or line with paper liners.
2. Whisk egg, sugar, buttermilk, lemon zest, orange juice, oil and vanilla in a medium bowl. Stir in **Vermont Morning®** cereal and let mixture sit to soften the grains for an hour while you prepare the next steps. (It is easy to refrigerate overnight at this point and continue the recipe in the morning.)
3. Whisk whole-wheat flour, all-purpose flour, baking powder, baking soda and salt in a large bowl. Add the egg mixture to the flour mixture and mix with a rubber spatula just until the dry ingredients are moistened. Fold in blueberries. Scoop batter into the prepared muffin cups, filling them almost to the top. Sprinkle tops with walnuts (or hazelnuts), if using.
4. Bake muffins until lightly browned and tops spring back when touched lightly, 18 to 20 minutes. Let cool in pan for 5 minutes. Loosen edges and turn muffins out onto a wire rack to cool. For mini-muffins, cut cooking time in half.

Makes 12-18 muffins, 24-36 mini-muffins.

\* Shelf-stable buttermilk powder is a convenient alternative to fresh buttermilk. Substitute according to package directions.

\*\*Plump dried blueberries or cranberries in warm water while you prepare the other ingredients. They won't absorb liquid from the batter and will keep the muffins moist!

#### **Alternatives:**

##### **Orange – Cranberry**

Substitute 1 cup dried cranberries for the blueberries.

##### **Orange – Chocolate**

Substitute 1 cup semi-sweet chocolate chips for the blueberries  
Add 1/4 cup milk to this blend

##### **Orange-Date**

Substitute 1 1/2 T orange zest for the lemon zest  
Substitute 3/4 cup dates for the blueberries