

# Peace of Earth Yogurt Muffins

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- 1 C Organic Whole Oats**
  - 1 C Organic Vanilla Yogurt**
  - ½ C Vegetable Oil**
  - ¾ C Organic Dark Brown Sugar**
  - 1 Egg (organic)**
  - 1 C Organic Whole Wheat Flour**
  - ¾ tsp Salt**
  - ½ tsp Baking Soda**
  - 1 tsp Baking Powder**
  - ½ C Raisins or Fresh/Frozen Blueberries**
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In large bowl, soak oats in yogurt for 5 minutes. Add oil, sugar, and egg and beat well.

In medium bowl, sift together flour, salt, baking soda, and baking powder. Add to ingredients in large bowl. Fold in raisins.

Fill muffin tins using unbleached muffin papers and bake at 400° for 20 minutes.

Makes 12 muffins.

