

# ***{No Flour Added} Peanut-Butter Oat Muffins***

2 1/2 cup oats (quick cooking)  
1 cup peanut butter  
1 single serving cup of vanilla yogurt (or about 1 cup)  
2 eggs  
3/4 cup milk  
3/4 cup granulated sugar or 2 Tbs Stevia sweetener  
2 tsp baking powder  
1 tsp baking soda  
Chocolate chips or nuts to sprinkle on tops of muffins (optional)

*\*Note: Some people find that the muffins stick to paper liners. I just sprayed the inside of the liners with cooking spray before I filled them. They came out of the paper beautifully. Just FY!! :D*

Preheat oven to 400 degrees. Place \*paper liners in a muffin pans. (This recipe makes about 16 regular sized muffins.) Spray liners with cooking spray.

Place all of the ingredients in a bowl and blend with a pastry cutter until the batter is smooth. (You can add chocolate chips or nuts to the batter, or save and sprinkle on top.)

Divide batter among cupcake liners. Sprinkle with chocolate chips or nuts, if desired, and bake for 20-25 minutes, or until toothpick comes out clean. Enjoy!!!