Blueberry Oatmeal Muffins

1 cup milk

1 cup old-fashioned whole rolled oats

1 and 1/4 cups flour

1 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon ground cinnamon

1/2 teaspoon salt

1/2 cup butter, melted and slightly cooled

1/2 cup honey

1 large egg, at room temperature

1 teaspoon pure vanilla extract

1 cup fresh or frozen blueberries

Combine oats and milk and set aside for 20 minutes.

Whisk together flour, baking powder, baking soda, cinnamon and salt.

Whisk together butter, honey, egg and vanilla.

Add to dry ingredients.  Stir a few times.

Stir in milk soaked oats.

Fold in blueberries.

Scoop batter into 12 paper lined muffin cups.

Sprinkle with oats or coconut sugar.

Bake 5 minutes at 425.

Reduce oven temperature to 350 and bake another 16 minutes.