



**BODYBUILDING.com**<sup>™</sup>

## **Blueberry Oat Muffins**

### **Ingredients:**

2 scoops Grenade Hydra 6 Killa Vanilla  
2 oz blueberries  
1 oz oats  
1-1/4 tsp coconut oil  
1/5 cup unsweetened almond milk

### **Directions:**

1. Mix ingredients together and pour the mixture into a muffin tin.
2. Cook 10-12 minutes at 375 F.
3. Ta-da. They're ready! Eat them warm or, if you can resist temptation, let them cool down a bit.
4. Optional: Top with a mix of Greek yogurt and sugar-free pancake syrup drizzle.  
Amazing!