



WHOLE GRAIN BLUEBERRY MUFFINS

Makes 12 servings | Serving size: 1 muffin

PREP TIME

10 min

COOK TIME

20 min

TOTAL TIME

30 min

We remade this classic muffin with healthy, whole grain flour. Whole-wheat flour is a nutrient-rich substitute for refined flours. These muffins use Greek yogurt for extra protein and to provide moisture.



Ingredients

- 1¼ cups whole wheat flour
- 1 cup quick oats
- ½ cup brown sugar
- 1 teaspoon flax seeds
- 1 tablespoon baking powder
- 1 teaspoon baking soda
- 1 egg
- 1 egg white
- 1 cup nonfat, plain Greek yogurt
- ½ cup unsweetened applesauce
- ½ teaspoon vanilla
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon salt
- 1¼ cup fresh blueberries

Directions

1. Heat oven to 425°F. Line or grease muffin tin.
2. Mix flour, oats, sugar, flax seeds, baking powder, and baking soda in a large bowl.
3. In a separate bowl, mix eggs, yogurt, applesauce, vanilla, and spices.
4. Mix dry and wet ingredients just until combined.
5. Add blueberries and gently mix until evenly distributed.
6. Fill muffin tins and bake for 15-20 minutes or until an inserted toothpick comes out clean.
7. Allow to cool for about 5 minutes, then enjoy!