

Blueberry Nut Muffins

Yield: 12 muffins

Ingredients

½ cup all-purpose flour
 ½ cup whole wheat flour
 ¾ cup quick oats
 ½ teaspoon baking powder
 ½ teaspoon baking soda
 2 teaspoons cinnamon; ground
 ⅛ teaspoon nutmeg; ground
 ⅓ cup blueberries; fresh or frozen
 ½ teaspoon vanilla extract
 ⅛ cup vegetable oil
 1 tablespoon maple syrup
 ⅛ cup applesauce; unsweetened
 ⅓ cup yogurt; plain, low-fat
 1 egg
 ⅓ cup walnuts; chopped
 ⅓ cup cherries; dried

Instructions

1. Preheat oven to 400 degrees then gather all ingredients and equipment.
 2. Line or grease muffin tins.
 3. In a large bowl, whisk together flours, salt, baking powder, baking soda, and spices.
 4. In a separate bowl, add the eggs, vanilla, oil, syrup, yogurt, and whisk together.
 5. Add dry ingredients to the wet. Use a rubber spatula or wooden spoon to mix together until just combined. Do not over-mix. The batter should be lumpy and barely incorporated.
 6. Gently fold in walnuts, dried cherries, and oats. Scoop batter into pans, ¾ full.
- Bake 15 to 20 minutes or until golden brown.

Nutrition Information

Serving Size: 1 muffin

Calories: 187
 Total Fat: 9.0 g
 Saturated Fat: 1.0 g
 Monounsaturated Fat: 4.0 g
 Sodium: 382.0 mg
 Total Carbohydrate: 23.0 g
 Dietary Fiber: 2.0g
 Sugars: 9.0 g
 Protein: 4.0 g

Source: Goldring Center for Culinary Medicine



Presented by
Culinary Medicine