

Blueberry Nut Muffins

Freeze the extra, and defrost for an easy breakfast or snack! **Note:** The batter is supposed to be lumpy. Over mixing your batter will result in tough, dry muffins.

<u>U.S.</u>		<u>Metric</u>
1/2 cup	All Purpose Flour	60 g
1/2 cup	Whole Wheat Flour	56 g
1 cup	Quick Oats	89 g
1 tsp	Baking Powder	4 g
1 tsp	Baking Soda	6 g
1 Tbsp	Cinnamon, ground	7.8 g
1/4 tsp	Nutmeg, ground	0.5 g
1/2 cup	Blueberries, fresh or frozen	74 g
1 tsp	Vanilla Extract	5 mL
1/4 cup	Vegetable Oil	60 mL
2 Tbsp	Maple Syrup	39 g
1/4 cup	Applesauce, unsweetened	61 g
1/2 cup	Yogurt, plain, low-fat	113 g
2 large	Eggs	2 large
1/2 cup	Walnuts, chopped	56 g
1/2 cup	Cherries, dried	71 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 400°F (200°C) and 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; you want to mix until the dry ingredients are just barely incorporated.
6. Gently fold in walnuts, dried cherries, and oats.
7. Scoop batter into pans, 3/4 full. Bake 15-20 minutes or until golden brown.

****Nutrition Facts on Reverse**

Nutrition Facts	
Serving size	1 muffin
Servings	12
Calories	187
Calories from Fat	80
Total Fat	9 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	4 g
Cholesterol	36 mg
Sodium	382 mg
Carbohydrates	23 g
Dietary Fiber	2 g
Sugars	9 g
Protein	4 g
Vitamin A	1 %
Calcium	1 %
Vitamin C	3 %
Iron	1 %
Phosphorus	20 mg
