



Whole Wheat Blueberry Muffins

<u>U.S.</u>		<u>Metric</u>
1 1/2 cups	Whole Wheat Flour	170 g
1/2 cup	Granulated Sugar	99 g
1/4 tsp	Salt, Kosher	1.5 g
2 tsp	Baking Powder	8 g
1/3 cup	Canola Oil	78 mL
1 large	Egg	1 large
1/3 cup	Milk, 1%	78 mL
1/2 cup	Applesauce, unsweetened	122 g
2 cups	Blueberries, fresh or frozen	296 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 400°F (200°C) and grease 12 muffin cups, or line with paper liners.
3. Whisk vegetable oil, egg, milk, and applesauce together in a separate bowl until smooth, and stir the liquid ingredients into the flour mixture until moistened.
4. Lightly stir in the blueberries. DO NOT OVERMIX!
5. Spoon the batter into the prepared muffin cups, filling them 2/3 full.
6. Bake muffins in the preheated oven until they rise and the tops are golden brown, about 20 minutes. A toothpick inserted into the center of a muffin should come out clean.

Nutrition Facts

12 Servings

Serving size **1 muffin**

Amount per serving

Calories **160**

Calories from Fat 60

Total Fat 7 g

 Saturated Fat 1 g

 Trans Fat 0 g

 Monounsaturated Fat 4.5 g

Cholesterol 15 mg

Sodium 130 mg

Total Carbohydrate 24 g

 Dietary Fiber 2 g

 Total Sugars 12 g

 Includes 8g Added Sugars

Protein 3 g

Vitamin D 0 %

Calcium 6 %

Iron 2 %

Potassium 95 mg

Phosphorus 35 mg
