

Blueberry Muffins with Oats

Makes 15 muffins

What you need:

- 1 ½ cups (375 ml) flour
- 1 cups (250 ml) rolled oats
- ½ cup (125 ml) sugar
- 2 teaspoons (10 ml) baking powder
- ½ teaspoon (3 ml) salt
- ½ teaspoon (3 ml) nutmeg
- 1 cup (250 ml) skim milk
- 1 egg
- 1 teaspoon (5 ml) vanilla
- 3 tablespoons (45 ml) applesauce
- 1 ½ cups (375 ml) blueberries, rinsed and dried (frozen are OK too)



All you do:

1. Preheat the oven to 350°F (180°C).
2. In a large bowl, combine the flour oats, sugar, baking powder, salt, and nutmeg.
3. In a separate bowl, mix the milk, egg, vanilla, and applesauce.
4. Combine the wet ingredients with the dry ingredients and mix thoroughly. Gently fold in the blueberries.
5. Fill greased muffin cups about ¾ full with the batter. Bake for 15-20 minutes, until a knife inserted in the center comes out clean.

Nutrition per Serving (1 muffin)

Calories 108, Fat 1 g, Protein 4 g, Carbohydrates 20 g, Cholesterol 12 mg, Sodium 181 mg