

BLUEBERRY MAPLE MUFFINS

SERVES: 15 (1 muffin each) Prep Time: 10 min. Cooking Time: 16 min.

CONTAINER EQUIVALENTS (per serving):  1½  1

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|-----------------|--|
| 1 cup | whole wheat flour |
| ¾ cup + 2 Tbsp. | all-purpose flour |
| ¼ cup | wheat germ |
| 1½ tsp. | baking powder |
| ½ tsp. | baking soda |
| ¼ tsp. | sea salt (or Himalayan salt) |
| 1 tsp. | ground cinnamon |
| 2 | large eggs, lightly beaten |
| ½ cup | pure maple syrup |
| 1 cup | low-fat (1%) buttermilk |
| ¼ cup | extra-virgin organic coconut oil, melted |
| 1 tsp. | pure vanilla extract |
| 2 cups | fresh blueberries |

1. Preheat oven to 375° F.
2. Prepare fifteen muffin cups by lining with muffin papers (or coating with spray). Set aside.
3. Combine flours, wheat germ, baking powder, baking soda, salt, and cinnamon in a medium bowl; mix well. Set aside.
4. Combine eggs and maple syrup in a medium bowl; whisk to blend.
5. Add buttermilk, oil, and extract; whisk to blend.
6. Add flour mixture to egg mixture; mix until just blended.
7. Gently fold in blueberries.
8. Evenly divide batter between prepared muffin cups, filling ¾ full (approx. ¼ cup).
9. Bake for 14 to 16 minutes, until tester inserted into the center comes out clean.
10. Transfer muffins to rack; cool.

SPECIAL EQUIPMENT:

Muffin papers/cupcake liners

Nonstick cooking spray (optional)

NUTRITIONAL INFORMATION (per serving): Calories: 151 Total Fat: 5 g Saturated Fat: 4 g Cholesterol: 25 mg Sodium: 171 mg Carbohydrates: 23 g Fiber: 2 g Sugars: 10 g Protein: 4 g

Recipes containing the  icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.