

Whole Wheat Blueberry Muffins

This easy, light and fluffy muffin recipe is full of fiber thanks to whole wheat flour and blueberries. Using a combination of canola oil and applesauce produces a tender muffin lower in saturated fat than traditional versions.

YIELD 12 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 30 MIN
------------------------------------	-----------------------------------	------------------------------------

INGREDIENTS

1 ½ cups	Whole Wheat Flour
½ cup	Sugar, granulated
¼ tsp	Kosher Salt
2 tsp	Baking Powder
1/3 cup	Canola Oil
1 each	Egg
1 ½ cups	Milk, 1% Low-fat
½ cup	Applesauce, unsweetened
2 cups	Blueberries, fresh or frozen

CHEF'S NOTES

You can wrap the muffins individually in plastic wrap and freeze for later. Thaw overnight or microwave for 30 - 60 seconds for a quick, nutrient-packed breakfast or a snack at any time.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 400°F. Line a 12-cup muffin pan with paper liners and spray with non-stick spray. Set aside.
2. In a large bowl, whisk together the dry ingredients: whole wheat flour, sugar, salt, and baking powder.
3. In a separate medium bowl, whisk together the wet ingredients: canola oil, egg, milk, and applesauce until smooth.
4. Using a rubber spatula, stir the liquid ingredients into the flour mixture until moistened with no dry streaks remaining.
5. Lightly fold in the blueberries. Do not overmix to avoid a dense muffin.
6. Using a small muffin scoop, transfer the batter into the prepared muffin cups, filling them 2/3 of the way.
7. Bake the muffins until the tops are golden brown, about 20 minutes. The muffins are done when a toothpick inserted into the center of the muffin comes out clean.
8. Remove to a wire rack to cool. Serve warm or at room temperature.

Nutrition Facts

12 servings per container

Serving Size 1 muffin (77 g)

Amount per serving

Calories 160

% Daily Value *

Total Fat 7g 9%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 130mg 6%

Total Carbohydrate 24g 9%

Dietary Fiber 2g 8%

Total Sugars 12g

Includes 8g Added Sugars 17%

Protein 3g 6%

Vitamin D 0.17mcg 0%

Calcium 10mg 0%

Iron 0.15mg 0%

Potassium 92mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe by *Health meets Food*, "Whole Wheat Blueberry Muffins" (10/03/18)



goldringcenter.tulane.edu



@culinarymedicine



Goldring Center for Culinary Medicine

