

Blueberry Muffins



Course: Breakfast
Categories: Whole grain
Source: www.livingupwell.com

Serving size: 1 muffin
Preparation time: 10 mins
Cooking time: 20 mins

Ingredients

- 1 3/4 cup white whole wheat flour
- 1.5 teaspoons baking soda
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1/4 cup coconut oil 2 tablespoons unsweetened applesauce 1/2 cup honey or maple syrup
- 2 eggs
- 1 cup plain Greek yogurt
- 1 teaspoon vanilla extract
- 1 1/4 cup blueberries, fresh or frozen
- Optional: 1 tablespoon raw sugar (large crystals) for sprinkling on top

Directions

1. Pre-heat oven to 350 F. Grease muffin tin with coconut oil or avocado oil.
2. In a large mixing bowl combine: 1 3/4 cup flour, 1 tsp baking soda, 1/2 tsp salt, & 1 tsp cinnamon. Mix, then add blueberries and mix again.
3. In medium bowl combine: 2 beaten eggs, 1/4 cup coconut oil, 2 tbsp applesauce, 1/2 cup honey, 1 cup Greek yogurt, 1 tsp vanilla extract. (If coconut oil solidifies, warm in microwave for 30 seconds)
4. Pour wet ingredients into dry ingredients and mix until just incorporated, a few lumps are ok. Overmixing will cause the muffins to be dense and not rise. The mixture will be thick.
5. Divide batter evenly between 12 muffin cups. Sprinkle the tops with raw sugar.
6. Depending on oven, bake 18-22 minutes, until muffins are golden and a toothpick inserted comes out clean. Remove from oven.
7. Place the muffin tin on a cooling rack to cool. You might need to run a butter knife along the outer edge of the muffins to loosen them from the pan.
8. Store in baggie or air-tight container at room temperature for 2 days, refrigerate for 5 days or freeze for up to 6 months.

Notes

For applesauce: Peel, remove core and dice 1 apple. Place in food processor with 1/4 cup almond milk (or dairy milk) and process until smooth. Freeze leftovers and use for next time. Alternatively, buy unsweetened applesauce in store.

Blueberry Muffins		
Nutrition Facts		
Serving Size	1 Muffin	
Amount Per Serving		
Calories	182.4	
% Daily Value*		
Total Fat	6 g	8 %
Saturated Fat	4.1 g	21 %
Trans Fat	0 g	
Cholesterol	32.1 mg	2 %
Sodium	274.4 mg	12 %
Total Carbohydrate	28.8 g	10 %
Dietary Fiber	2.4 g	9 %
Total Sugars	15.3 g	
Added Sugars	11.6 g	23 %
Protein	5.6 g	
Vitamin D	0.2 mcg	1 %
Calcium	36.9 mg	3 %
Iron	0.9 mg	5 %
Potassium	125.2 mg	3 %

* 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.