



Give this recipe a try!

Blueberry Muffins

Prep time: about 30 minutes

Ingredients:

- 1 c. flour
- 1 c. oatmeal
- 3 tbsp. sugar
- 1 tsp. salt
- 4 tsp. baking powder
- 1 c. blueberries, washed
- 1 egg
- 1 c. milk
- 1/4 c. vegetable oil
- nonstick spray

Directions:

1. Preheat oven to 400 degrees Fahrenheit (200 degrees Celsius).
2. In a large bowl, mix together the flour, oatmeal, sugar, salt, and baking powder.
3. Mix in blueberries.
4. In another bowl, break the egg and use a fork to beat it just a little bit. Then add the milk and vegetable oil, and mix.
5. Add this mixture to the first mixture in the large bowl.
6. Using a mixing spoon, mix about 25 or 30 times. Don't mix too much! Your muffin mixture should be lumpy, not smooth.
7. Line a muffin tin with paper liners or lightly spray with nonstick spray. Spoon in the muffin mix. Fill each muffin cup about two thirds of the way up.
8. Bake for about 20 minutes.
9. When muffins are finished baking, remove from muffin tin and cool them on a wire rack.
10. Enjoy your tasty muffins!

Serves: 12

Serving size: 1 muffin

Nutritional analysis (per serving):

162 calories
3 g protein
6 g fat
19 g carbohydrate
1 g fiber
18 mg cholesterol
371 mg sodium
121 mg calcium
1.4 mg iron

Note: Nutritional analysis may vary depending on ingredient brands used.

Source: www.kidshealth.org

