

Blueberry Oatmeal Muffins

Many premade muffins and muffin mixes are high in added fat and sugar making them a pro-inflammatory food that is more like cake than a muffin. This oatmeal blueberry muffin is low in fat plus it provides health promoting nutrients found in the in the oatmeal, blueberries, and cinnamon.

Yield: 12 muffins

1 cup Old Fashioned or Quick Oats

1 cup All Purpose Flour, unbleached

1 Tbs Baking Powder

½ tsp Salt

¼ cup Oil

1 cup Nonfat Buttermilk

¼ cup Sugar

½ tsp Cinnamon or Allspice

1 beaten Egg or ¼ cup egg substitute

¾ cup Blueberries (fresh or thawed)

(toss berries in 1 Tbs flour to keep from sinking when baked)

Directions:

1. Preheat oven. Oil or spray muffin tins.
2. Combine oats and buttermilk; let sit while measuring, about 5 minutes.
3. Combine dry ingredients in large bowl; make well in center
4. In a separate bowl combine all wet ingredients, including oats
5. Add wet ingredients to dry ingredients and stir until just moist
6. Lightly fold in blueberries
7. Spoon into coated muffin tins, filling up each by 2/3
8. Bake at 425⁰ F for 20 minutes or until brown

Nutritional Information: (per muffin as made with real egg and canola oil)

Calories: 143

Fat: 5.75 g (35% of calories)

Saturated Fat: .6 g

Protein: 3 g

Carbohydrates: 19 g

Cholesterol: 16 mg

Iron: .995 mg

Sodium: 248 mg

Fiber: 1.5 g

Calcium: 101 mg

- 1 muffin equals one carbohydrate exchange plus one fat exchange
- Each muffin has the equivalent of 1 tsp sugar and 1 tsp fat
- Additionally this recipe provides trace minerals and important disease fighting phytochemicals