

## Enriched Blueberry Muffins

*This recipe contains whole grains. Making half your grains whole may help protect you against many chronic diseases.*

### Ingredients:

- 1-1/2 cups **flour**
- 1/2 cup old-fashioned whole **oatmeal** (raw)
- 1/3 cup **sugar**
- 1/2 teaspoon **baking powder**
- 1/4 teaspoon **baking soda**
- 1/2 teaspoon **salt**
- 1 cup **milk**
- 1/2 cup **dry milk**
- 1/4 cup **oil**
- 1 **egg**
- 2/3 cup frozen **blueberries**

### Directions:

1. Preheat oven to 350°F
2. Prepare a muffin tin with grease or spray with cooking oil.
3. Mix the dry ingredients (flour, oatmeal, sugar, baking powder, baking soda, and salt) in a bowl.
4. Mix the other ingredients (milk, dry milk, oil, and egg) in another bowl.
5. Pour wet ingredients in with the dry, and then partially mix.
6. Add blueberries.
7. Gently stir. Batter should still be lumpy.
8. Scoop into muffin tins.
9. Bake for 20 minutes or until muffins are brown on edges.
10. Serve warm or cool on a rack and store in an airtight container in the refrigerator.

### Bright Ideas:

These muffins freeze well.

| <b>Nutrition Facts</b>   |                             |                |           |
|--|-----------------------------|----------------|-----------|
| Serving Size 1 muffin (62g)  |                             |                |           |
| Servings Per Container 12  |                             |                |           |
| Amount Per Serving   |                             |                |           |
| <b>Calories</b> 150  | <b>Calories from Fat</b> 45 |                |           |
|  |                             | % Daily Value* |           |
| <b>Total Fat</b> 5g  |                             |                | <b>8%</b> |
| Saturated Fat 0.5g   |                             |                | <b>3%</b> |
| Trans Fat 0g   |                             |                |           |
| <b>Cholesterol</b> 10mg  |                             |                | <b>3%</b> |
| <b>Sodium</b> 180mg  |                             |                | <b>8%</b> |
| <b>Total Carbohydrate</b> 22g  |                             |                | <b>7%</b> |
| Dietary Fiber 1g   |                             |                | <b>4%</b> |
| Sugars 8g  |                             |                |           |
| <b>Protein</b> 4g  |                             |                |           |
| Vitamin A 2%   |                             | Vitamin C 2%   |           |
| Calcium 8%   |                             | Iron 6%        |           |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |                             |                |           |
|  | Calories                    | 2,000          | 2,500     |
| Total Fat  | Less Than                   | 65g            | 80g       |
| Saturated Fat  | Less Than                   | 20g            | 25g       |
| Cholesterol  | Less Than                   | 300mg          | 300 mg    |
| Sodium   | Less Than                   | 2,400mg        | 2,400mg   |
| Total Carbohydrate   |                             | 300g           | 375g      |
| Dietary Fiber  |                             | 25g            | 30g       |
| Calories per gram:   |                             |                |           |
|  | Fat 9                       | Carbohydrate 4 | Protein 4 |

12 servings, 1 muffin each

Source: Glenda Hyde, Deschutes County, Oregon State University Extension Service. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>