

WHOLE-GRAIN BLUEBERRY MUFFINS

Yield: 12 Servings



TOTAL TIME: 40 minutes

INGREDIENTS

- 1 cup old-fashioned oats, uncooked
- 1 cup whole wheat flour
- ½ cup all-purpose flour
- 2 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- ¼ cup brown sugar
- 1 Tbsp. brown sugar
- 1 cup low-fat buttermilk
- ¼ cup fresh orange juice
- 2 Tbsp. grape seed oil
- 1 large egg
- 1 teaspoon vanilla extract
- 2 cups blueberries
- ¼ cup natural almonds, chopped

PREPARATION

1. Preheat oven to 400 degrees F. Line 12-cup muffin pan with paper liners.
2. Grind oats in blender. In bowl, whisk oats, flours, baking powder and soda, salt and ¼ cup sugar. In small bowl, whisk buttermilk, juice, oil, egg and vanilla. Stir into flour mixture; fold in blueberries.
3. Combine nuts and remaining sugar. Spoon batter into pan; sprinkle with almonds and sugar. Bake 22 min. or until toothpick comes out clean. Cool in pan on wire rack 5 minutes. Remove from pan; cool completely.

NUTRITION

Per serving: Calories: 170; Fat: 5 g (1 g saturated fat); Cholesterol: 15 mg; Carbohydrates: 28 g; Protein: 5 g; Sodium: 270 mg.