Blueberry Muffins

These whole-grain muffins feature tasty blueberries, which are full of disease-fighting antioxidants!

Serves 12

Ingredients

- 1½ cups whole-wheat pastry flour
- ½ teaspoon salt
- 2 teaspoons baking powder
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 2 eggs
- 2 tablespoons honey
- 1½ teaspoon vanilla extract
- ¼ cup vegetable oil
- ¾ cup unsweetened applesauce
- 1 teaspoon orange zest
- About 1½ cups blueberries, fresh or thawed from frozen
- Paper baking liners or cooking spray

Directions

1. Heat oven to 375 degrees.
2. In a large bowl with a fork or whisk mix the flour, salt, baking powder, cinnamon, and nutmeg.
3. In a separate bowl, mix eggs, honey, vanilla, oil, applesauce, and orange zest.
4. Make a well (hole) in the center of the flour mixture and pour in the egg mixture. Stir the dry and wet ingredients together – do not over mix.
5. Fold in thawed or fresh blueberries.
6. Line or spray muffin pan and fill each cup ⅔ full with batter.
7. Bake for about 15-20 minutes or until tops are golden brown and toothpick comes out clean. Cool for 10 minutes before eating.

Nutrition Facts

Serving Size 1 Muffin
Servings Per Recipe 12

Amount Per Serving

Calories 140	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 200mg	**8%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 3g	**12%**
Sugars 6g	
Protein 3g	

Vitamin A 2% • Vitamin C 4%

Calcium 2% • Iron 4%

*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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.