



Oatmeal Blueberry Muffins

Ingredients:

- 1 cup flour
- 1 1/2 cup quick cooking oats, uncooked
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup lowfat buttermilk
- 1/2 cup packed brown sugar
- 1/4 cup oil
- 1 egg, beaten
- 1 cup frozen blueberries
- 2 Tablespoons brown sugar

Instructions:

- 1) Preheat oven to 425°.
- 2) Combine flour, oats, cinnamon, baking powder, baking soda, and salt; set aside.
- 3) Combine buttermilk, 1/2 cup brown sugar, oil and egg in a medium bowl.
- 4) Add to the flour mixture, mixing just until moist.
- 5) Fold in blueberries.
- 6) Fill paper lined cups 2/3 full with batter; sprinkle with remaining 2 tablespoons brown sugar.
- 7) Bake 20-25 minutes or until done.

YIELD: 12 muffins

Tips and substitutions:

- **If you don't have buttermilk on hand when you need it for baking, use this easy substitute:** For each cup of buttermilk, place one tablespoon of lemon juice or vinegar in a glass measuring cup and add enough cold milk to equal one cup; stir and let stand for five minutes before using.
- Substitute any fresh or frozen berries, including Montana huckleberries, blackberries, or raspberries.

Nutrition Analysis

Serving Size: 1 muffin

Calories: 120

Total Fat: 4 g

Calories from Fat: 27%

Saturated Fat: < 1.0 g

Trans Fat: 0.0 g

Total Carb: 23 g

Dietary Fiber: 2 g

Sodium: 116 mg

Protein: 3 g

Calcium: 34 mg

Iron: 1.07 mg

Recipe Source

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by Colorado Dietetic Association, 2006.

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