

RECIPE

Blueberry Muffins



Ready in **40 minutes**

Serves **18 muffins**



Ingredients

Muffins

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 3 tsp baking powder
- 1 Tbsp ground flax seed
- ½ tsp salt
- 2 large eggs
- 1 cup granulated sugar
- 1 cup Greek yogurt
- ½ cup canola oil
- 1 tsp vanilla extract
- 2 ½ cups blueberries- fresh or frozen
- 1 Tablespoon Flour

Streusel

- ¾ cup All purpose flour
- ½ cup granulated sugar
- 6 TBSP salted butter

Preparation

1. Preheat oven to 350 degrees
2. Make Strudel topping- combine flour, sugar, cinnamon. Add melted butter and stir until crumbly. Set aside
3. In a large bowl combine flour, baking powder, flax seed and salt. Stir with metal wire whisk
4. In another large bowl, whisk eggs, granulated sugar until combined. Add in yogurt, oil, and vanilla extract

5. Fold wet ingredients into dry ingredients and mix together until just blended (be sure not to over mix).
6. Prepare blueberries by sprinkling with flour and stirring
7. Add 2 cups of blueberries to batter and fold together carefully
8. Pour batter into muffin tins until 2/3 full
9. Top with remaining blueberries and strudel topping
10. Bake in oven for 16-20 minutes or until toothpick comes out clean
11. Cool on wire rack and ENJOY :)

Nutrition Facts:

Calories: 242

Fat: 11 g

Saturated 3.3g

Sodium 183 mg

Total Carbohydrates 33g

Dietary Fiber 1.5g

Sugar 18g

Protein 4.2g

