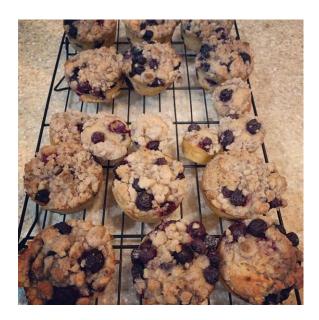
RECIPE

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 four, 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 medal 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 stiring
- 7. Add 2 cups of blueberries to batter and fold together carefeully
- 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

