



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

WHOLE-GRAIN BLUEBERRY MUFFINS

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MAKES 12 MUFFINGS

- 1 ¼ cups whole-wheat flour, spooned and leveled**
- 1 cup old fashioned rolled oats**
- 1/4 cup flaxseed meal (available at natural-food stores)**
- ¼ pecans**
- 1 teaspoon baking powder**
- 1 teaspoon baking soda**
- ½ teaspoon kosher salt**
- 1 cup plain low-fat yogurt**
- ½ cup packed light brown sugar**
- 3 tablespoons unsalted butter, melted**
- 1 tablespoon grated orange zest, plus ¼ cup orange juice**
- 1 large egg**
- 1 teaspoon pure vanilla extract**
- 2 cups fresh blueberries, or one 8-ounce bag frozen blueberries**

- **Heat oven to 375 degrees. Line a standard 12-cup muffin tin with paper liners. In a food processor, process the flour, oats, flaxseed meal, pecans, baking powder, baking soda, and salt until finely ground.**
- **In a large bowl, whisk together the yogurt, sugar, butter, orange zest and juice, egg, and vanilla. Add the flour mixture and mix just until incorporated (do not over mix). Fold in the blueberries.**
- **Divide the batter evenly among the muffin cups. Bake until a toothpick inserted in the center comes out clean, 22 to 25 minutes.**