Blueberry Muffin with Oats

Ingredients
1 1/2 cups flour
1 cup rolled oats
1/2 cup sugar
2 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon nutmeg
1 cup skim milk
1 egg
1 teaspoon vanilla
3 tablespoons applesauce
1 1/2 cups blueberries, rinsed and dried, or frozen berries

Directions
1. Preheat oven to 350°F
2. In a large bowl, combine the flour, oats, sugar, baking powder, salt, and nutmeg.
3. In a separate bowl, mix the milk, egg, vanilla, and applesauce.
4. Combine the wet ingredients with the dry ingredients and mix thoroughly. Gently fold in the blueberries.
5. Fill greased muffin cups about 3/4 full with the batter. Bake for 15-20 minutes, until a knife inserted in the center comes out clean.

Makes 6-12 servings

Nutrition information per serving (1 muffin):
108 calories, 1g fat, 4g protein
20g carbohydrates, 181 mg sodium