

# Blueberry Muffin with Oats

## Ingredients

- |                           |  |
|---------------------------|--|
| 1 1/2 cups flour          | 1/2 teaspoon nutmeg  |
| 1 cup rolled oats         | 1 cup skim milk  |
| 1/2 cup sugar             | 1 egg  |
| 2 teaspoons baking powder | 1 teaspoon vanilla   |
| 1/2 teaspoon salt         | 3 tablespoons applesauce                                       |
|                           | 1 1/2 cups blueberries, rinsed<br>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*