

## HARVEST BLUEBERRY MUFFINS

Whole grain muffins filled with blueberries, sunflower seeds, and oats. No refined sugar, no refined starches. This is a great muffin for breakfast, as it is not overly sweet. You could add grated apple, zucchini, or carrots to vary the flavors and textures, too!

 10 minutes 25 minutes 14 portions

### INGREDIENTS

- 1/4 cup unsweetened almond milk (or dairy milk, if you choose)
- 1/4 cup honey (local is best!)
- 1 cup plain whole-milk Greek yogurt
- 1 large raw egg
- 4 tablespoons butter, melted
- 2 tablespoons vanilla extract (not imitation)
- 1 cup oats (old fashioned or quick oats)
- 3/4 cup whole wheat flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon Kosher salt
- 1 1/2 cups fresh blueberries
- 1/4 cup roasted sunflower seed kernels (no shells, that would be very crunchy)

### COOKING METHOD

- 1° Preheat the oven to 375 degrees. Line one cupcake baking tin with liners, or spray with non-stick spray. You will need enough tins for 14 muffins!
- 2° In a large bowl, combine the milk, honey, yogurt, egg, melted butter, and vanilla. Stir until smooth.
- 3° In a second bowl, combine the oats, flour, baking powder, baking soda, cinnamon, nutmeg, and salt.
- 4° Add the dry ingredients to the wet ingredients, along with the blueberries and sunflower seeds. Stir gently to combine, but try to avoid overmixing, as the muffins can become tough. (The mixture won't be very soupy, so don't worry if it seems drier than normal batter).
- 5° Immediately divide the batter among the 14 muffin tins. Bake for 15 minutes, or until a toothpick inserted into the center comes out clean.
- 6° Let rest in the tin for 15 minutes, then cool completely on a rack until cool.
- 7° Muffins can be served warm with butter, peanut butter, or blueberry preserves, or can be refrigerated or frozen for later! They might not last that long, though.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (65 g)	% DRI
ENERGY	238 kcal	154 kcal	8 %
FAT	10 g	7 g	10 %
FATTY ACIDS, TOTAL SATURATED	4 g	3 g	14 %
CHOLESTEROL	36 mg	23 mg	8 %
SODIUM	256 mg	166 mg	7 %
CARBOHYDRATE	32 g	21 g	7 %
SUGARS	11 g	7 g	—
FIBER	4 g	3 g	11 %
PROTEIN	7 g	5 g	—