

# Whole Wheat Blueberry Muffins

Total Time: 30 minutes

Servings: 12 muffins



## Ingredients

- 1 ½ cups whole wheat flour
- ¾ cup sugar
- ½ teaspoon salt
- 2 teaspoons baking powder
- ⅓ cup vegetable oil
- 1 egg
- ⅓ cup nonfat or 1% milk
- ½ cup unsweetened applesauce
- 2 cups blueberries (fresh or frozen)

## Directions

1. Preheat oven to 400 degrees F. Lightly grease the bottom of 12 muffin cups.
2. In a large bowl, mix the flour, sugar, salt, and baking powder.
3. In a medium bowl, mix the oil, egg, milk, and applesauce until smooth.
4. Stir the liquid ingredients into the flour mixture until just moistened. Lightly stir in the blueberries.
5. Fill each muffin cup about ¾ full.
6. Bake about 20 minutes or until the muffin tops are golden brown. Insert a toothpick into the center of the muffin to make sure they are cooked through.

Recipe from Ohio State University Extension