Oatmeal Blueberry Muffins

These muffins are great for breakfast on-the-go or a quick snack. The blueberries add a fresh flavor while providing a powerful boost of antioxidants!

Prep time: 10 minutes • Cook time: 20 minutes

**Ingredients:**
- ½ cup all-purpose flour
- ½ cup whole wheat pastry flour
- 1 ½ cups quick cooking oats, uncooked
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 cup lowfat buttermilk
- ½ cup brown sugar, packed
- ¼ cup oil
- 1 egg, beaten
- 1 cup frozen blueberries
- 2 Tablespoons brown sugar

**Directions:**
1. Preheat oven to 425°F.
2. Combine flours, oats, cinnamon, baking powder, and salt; set aside.
3. Combine buttermilk, ½ cup brown sugar, oil and egg in a medium mixing bowl; add to flour mixture, mixing just until moist.
4. Fold in blueberries.
5. Fill paper-lined muffin cups to 2/3 full with batter; sprinkle with remaining 2 tablespoons brown sugar.
6. Bake 20-25 minutes or until done.

Serving Size: 1 muffin
Yield: 18 servings

**Nutrition Information / Amount per serving:**
<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>109</td>
</tr>
<tr>
<td>Protein</td>
<td>2.6 g</td>
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<tr>
<td>Total fat</td>
<td>4.0 g</td>
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<tr>
<td>Total Carbohydrates</td>
<td>16.3 g</td>
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<tr>
<td>Saturated fat</td>
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<tr>
<td>Dietary Fiber</td>
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<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
<td>93 mg</td>
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Recipe adapted from Simply Colorado: Recipes from the Colorado Dietetic Association

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