

## Healthy recipes

# Oat and Wheat Blueberry Muffins

Yield: 12 muffins

**Calories:** 361  
**Fat:** 2 g  
**Sodium:** 412 mg  
**Carbohydrates:** 45 g  
**Fiber:** 4.5 g  
**Protein:** 25 g

### Ingredients

Quick-cooking rolled oats	1 cup
Bananas	2 (small to medium)
Buttermilk	¼ cup
Maple syrup	½ cup
Peanut butter	¼ cup
Egg	1 (slightly beaten)
Vanilla extract	1 tsp
Whole wheat flour	1 ½ cup
Baking soda	1 tsp
Cinnamon	½ tsp
Salt	½ tsp
Blueberries	1 cup (fresh or frozen, thawed and without liquid)

### Directions

In a blender, process bananas until liquefied. Gradually add buttermilk and thoroughly blend until the mixture measures 1¼ cups. Transfer mixture to a large bowl. Add rolled oats to banana mixture and let stand for 5 minutes.

In a second bowl, thoroughly mix baking soda, cinnamon and salt. Add flour and mix well.

In the blender, combine maple syrup and egg; process until mixed, add peanut butter and vanilla. Blend well. Pour this mixture into the rolled oats. Stir well.

Stir in the dry ingredients. Fold in the blueberries.

Bake at 375°F for 20 – 25 minutes or until a toothpick inserted in center comes out clean.

### Tips

- Whole grains such as whole wheat flour and oats have been shown to reduce your risk for heart disease.
- Using natural peanut butter and ripe bananas for flavor instead of butter will lower saturated fat.