Whole Grain Blueberry Muffins

**Ingredients**

- ½ cup milk (any kind will do)
- ½ Tbsp apple cider vinegar (or distilled vinegar)
- 1/3 cup oil (canola or vegetable)
- 1/3 cup honey or maple syrup
- 1 large egg*
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- ½ tsp cinnamon (optional)
- 2 cups whole wheat flour MINUS 2 Tbsp
- 1 ½ cups frozen blueberries

*Vegan substitute: use a flax egg in place of the egg--mix 1 Tbsp flax seed and 3 Tbsp water in a small bowl and let sit for 5 minutes before use.

**Procedure**

1. Preheat oven to 425 F. Grease muffin tin with cooking spray and set aside.
2. In liquid measuring cup, mix milk and apple cider vinegar. Set aside for 5 minutes.
3. In large bowl, whisk together oil and maple syrup. Add egg and vanilla and whisk until combined. Add milk-vinegar mixture and whisk to combine.
4. Add baking powder, baking soda, salt, cinnamon and 1 cup of flour. Stir until mostly combined. Add additional 1 cup minus 2 Tbsp flour. Stir just until combined.
5. In a medium bowl, toss frozen blueberries with 1/2 Tbsp flour. Gently fold blueberries into batter with rubber spatula.
6. Spoon batter into muffin pan, filling each 2/3 full. Bake at 425 F for 5 minutes, then reduce oven temperature to 375 F and bake for additional 10-12 minutes. Check if done by inserting a toothpick into the center--when done, it should come out clean.
7. Allow muffins to cool in pan for about 5-10 minutes before removing. Allow to cool fully before storing in airtight container for up to 4 days.

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