



Whole Grain Blueberry Muffins



PREP TIME: 10 min

COOK TIME: 15-17 min

SERVINGS: Makes 12 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.