

Berry Tasty Muffins

Ingredients:

- 1 c. flour
- 1 c. oatmeal
- 3 Tbsp. sugar
- 1 tsp. salt
- 4 tsp. baking powder
- 1 c. blueberries, washed
- 1 egg
- 1 c. milk
- ¼ c. vegetable oil
- nonstick spray or muffin liners

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“Now Serving: Well-measured
Recipes!”
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Directions:

- Preheat oven to 400 degrees. In a large bowl, combine the flour, oatmeal, sugar, salt and baking powder. Mix in blueberries. In another bowl, break the egg and use a fork to beat it. Then add the milk and vegetable oil, and mix. Add this combination to the flour mixture in the large bowl. Using a spoon, stir about 25 or 30 times. Do not mix too much! Your muffin batter should be lumpy, not smooth.

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SERVICE

Line a muffin tin with paper liners or lightly spray with nonstick spray. Spoon in the muffin mix. Fill each cup about two-thirds full. Bake for about 20 minutes. When muffins are done, remove from the muffin tin and cool them on a wire rack.

Makes 12 servings. Per serving: 136 calories, 6 grams (g) fat, 19 g carbohydrate.

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