

Blueberry and Oatmeal Power Muffins

INGREDIENTS:

2 c. all-purpose flour
1 c. oats, quick or regular
 $\frac{2}{3}$ c. sugar
1 tsp. baking powder
1 tsp. baking soda
 $\frac{1}{2}$ tsp. salt
 $1\frac{1}{2}$ c. honey nonfat Greek yogurt
2 large eggs, lightly beaten
4 Tbsp. unsalted butter, melted
and slightly cooled
1 tsp. vanilla extract
1 c. fresh blueberries

DIRECTIONS:

1. Heat oven to 350 F.
2. Coat muffin tin with cooking spray or liners.
3. Combine flour, oats, sugar, baking powder, baking soda and salt in a bowl.
4. Combine yogurt, eggs, butter and vanilla in a second bowl.
5. Fold yogurt mixture into dry mixture; stir to combine completely.
6. Gently fold in blueberries.
7. Spoon into muffin tins.
8. Bake until top is golden and a toothpick inserted in center comes out clean, approximately 20 to 25 minutes.

NUTRITION:

Makes 16 servings. Each serving has 170 calories, 4.5 g fat, 4 g protein, 29 g carbohydrate, 1 g fiber and 210 mg sodium.