



Blueberry Oatmeal Muffins



Vegetarian



Vegan



Dairy Free



Popular

READY IN



45 min.

SERVINGS



12

CALORIES



132 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tsp double-acting baking powder
- ☐ 1 tsp baking soda
- ☐ 0.8 cup blueberries wild frozen
- ☐ 0.5 cup brown sugar
- ☐ 1 tsp cinnamon
- ☐ 0.5 tsp ground ginger
- ☐ 0.3 cup maple syrup pure
- ☐ 0.5 cup rolled oats

- ☐ 0.3 tsp salt
- ☐ 1 cup apple sauce unsweetened
- ☐ 1.5 cups pastry flour whole wheat

Equipment

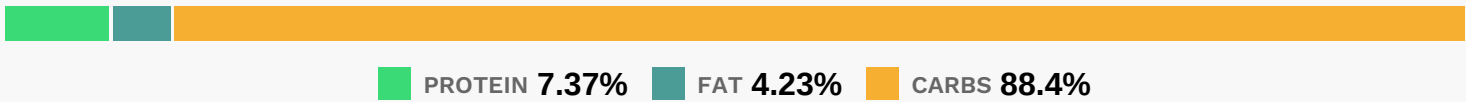
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven 350 F. Grease or spray a muffin tin or paper liners if using. In a large bowl, whisk flour, oats, baking soda, baking powder, salt, and spices together until well combined.
 - ☐ Add applesauce, sugars and maple then stir until almost combined.
 - ☐ Add blueberries, stirring until just combined. Spoon into muffin cups 3/4 full.
 - ☐ Sprinkle additional oats and brown sugar on top if desired.
 - ☐ Bake 18 to 25 minutes, or until a tooth pick inserted in the center comes out clean.
- Nutritional Information

- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ NA Carbohydrate
- ☐ gDietary Fiber3gSugars12gProtein3g

Nutrition Facts



Properties

Glycemic Index:17.79, Glycemic Load:3.07, Inflammation Score:-2, Nutrition Score:6.367391280506%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg, Petunidin: 2.92mg Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg, Delphinidin: 3.28mg Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg, Epicatechin: 1.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 131.76kcal (6.59%), Fat: 0.65g (1%), Saturated Fat: 0.11g (0.68%), Carbohydrates: 30.67g (10.22%), Net Carbohydrates: 28.16g (10.24%), Sugar: 15.84g (17.6%), Cholesterol: 0mg (0%), Sodium: 238.81mg (10.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.11%), Manganese: 0.99mg (49.6%), Selenium: 10.48µg (14.97%), Fiber: 2.52g (10.08%), Phosphorus: 86.96mg (8.7%), Vitamin B2: 0.13mg (7.37%), Magnesium: 29.11mg (7.28%), Calcium: 70.48mg (7.05%), Vitamin B1: 0.1mg (6.94%), Iron: 0.95mg (5.26%), Copper: 0.09mg (4.55%), Vitamin B3: 0.86mg (4.31%), Vitamin B6: 0.08mg (3.96%), Zinc: 0.59mg (3.94%), Potassium: 118.22mg (3.38%), Folate: 8.96µg (2.24%), Vitamin K: 2.31µg (2.2%), Vitamin B5: 0.16mg (1.61%), Vitamin E: 0.21mg (1.41%), Vitamin C: 1.11mg (1.34%)