



# Blueberry Power Muffins with Almond Streusel

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



243 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 1 tablespoon double-acting baking powder
- 1 teaspoon baking soda
- 1.5 cups blueberries fresh
- 1 tablespoon brown sugar
- 1 tablespoon butter melted
- 3 tablespoons canola oil
- 1 large eggs
- 0.3 cup flour all-purpose

- 1.5 cups flour all-purpose divided
- 1 cup granulated sugar
- 0.5 cup milk 2% reduced-fat
- 2 cups vanilla yogurt low-fat
- 1 cup quick-cooking oats
- 0.3 teaspoon salt
- 0.3 cup slivered almonds chopped
- 2 teaspoons vanilla extract
- 1 cup flour whole wheat

## Equipment

- bowl
- oven
- knife
- whisk
- wire rack
- muffin liners
- measuring cup

## Directions

- Preheat oven to 40
- To prepare muffins, lightly spoon flours into dry measuring cups; level with a knife.
- Combine 1 1/2 cups all-purpose flour, whole wheat flour, oats, granulated sugar, baking powder, baking soda, and salt in a large bowl, stirring with a whisk. Make a well in center of mixture.
- Combine yogurt, milk, oil, vanilla, and egg, stirring with a whisk.
- Add yogurt mixture to flour mixture; stir just until moist. Fold in blueberries. Spoon 2 rounded tablespoons batter into each of 30 muffin cups coated with cooking spray.
- To prepare streusel, combine 1/4 cup all-purpose flour, almonds, brown sugar, and butter.

- Sprinkle evenly over batter.
- Bake at 400 for 15 minutes or until muffins spring back when touched lightly in center. Cool in pans 10 minutes on a wire rack; remove from pans.
- Serve warm or at room temperature.

## Nutrition Facts

**PROTEIN 9.78%** **FAT 22.19%** **CARBS 68.03%**

### Properties

Glycemic Index:31.81, Glycemic Load:20.36, Inflammation Score:-3, Nutrition Score:8.9317391411118%

### Flavonoids

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### Nutrients (% of daily need)

Calories: 243.44kcal (12.17%), Fat: 6.14g (9.45%), Saturated Fat: 1.34g (8.39%), Carbohydrates: 42.37g (14.12%), Net Carbohydrates: 40.03g (14.56%), Sugar: 20.77g (23.08%), Cholesterol: 16.67mg (5.56%), Sodium: 233.7mg (10.16%), Alcohol: 0.18g (100%), Alcohol %: 0.22% (100%), Protein: 6.09g (12.19%), Manganese: 0.75mg (37.7%), Selenium: 14.74µg (21.05%), Phosphorus: 155.25mg (15.53%), Vitamin B1: 0.21mg (14.08%), Calcium: 128.46mg (12.85%), Vitamin B2: 0.22mg (12.77%), Magnesium: 41.37mg (10.34%), Folate: 39.21µg (9.8%), Fiber: 2.34g (9.36%), Iron: 1.51mg (8.38%), Vitamin E: 1.2mg (8.03%), Vitamin B3: 1.48mg (7.39%), Zinc: 0.92mg (6.12%), Copper: 0.11mg (5.48%), Potassium: 178.25mg (5.09%), Vitamin K: 5.35µg (5.09%), Vitamin B5: 0.44mg (4.39%), Vitamin B12: 0.25µg (4.1%), Vitamin B6: 0.08mg (3.92%), Vitamin C: 1.71mg (2.08%), Vitamin A: 72.12IU (1.44%)