

# Blueberry Muffins



## Ingredients

1 cup whole-wheat pastry flour  
¾ cup all-purpose flour  
¼ cup almond flour  
1 teaspoon baking powder  
½ teaspoon baking soda  
½ teaspoon salt  
1 teaspoon orange zest  
2 cups fresh blueberries  
2 eggs, large  
1 ¼ cups low-fat (1%) buttermilk  
½ cup brown sugar  
2 tablespoons canola oil  
¼ cup unsweetened applesauce  
1 tablespoon orange juice  
½ teaspoon vanilla

## Serves 12

The muffins from this recipe are made with a mixture of whole-wheat, white and almond flours. The butter was replaced with canola oil and applesauce. The whole buttermilk was replaced with low-fat buttermilk and the amount of fresh blueberries was doubled. The result is a moist, flavorful blueberry muffin that will provide longer lasting energy compared to the usual coffee shop muffin.

## Nutrition Facts

**Serving Size:** one muffin

**Calories:** 173

**Total Fat:** 4.7g

– saturated .07g

– polyunsaturated 1.2g

– monounsaturated 2.6g

**Cholesterol:** 32mg

**Sodium:** 150mg

**Carbohydrates:** 28.8g

**Dietary Fiber:** 2.5g

**Protein:** 4.4g

## Preparation

Place the rack in the top third of the oven and preheat the oven to 400°F. Line muffin tins with paper liners.

In a large mixing bowl, combine the flours, baking powder, salt, baking soda, and orange zest. Add the fresh blueberries and toss gently to coat the blueberries in flour. This will help keep the blueberries suspended in the batter versus falling to the bottom.

In a medium mixing bowl, lightly beat the eggs, then whisk in the buttermilk, brown sugar, canola oil, applesauce, orange juice, and vanilla. Don't be concerned if the mixture looks curdled or lumpy.

Pour the wet ingredients into the dry ingredients and stir until most of the flour is incorporated. The mixture can be slightly lumpy; don't over mix. Divide the batter among the 12 prepared muffin cups.

Bake 14 to 16 minutes, until the muffins are golden brown around the edges.