

Whole Wheat Blueberry Muffins

Prep time	Cook time	Total time
10 mins	15 mins	25 mins

These whole wheat blueberry muffins are filled with whole grains and bursting with fresh fruit. These blueberry muffins make a great side for breakfast or a quick snack!

Serves: 12

Ingredients

- $\frac{3}{4}$ cup all purpose flour
- $\frac{3}{4}$ cup whole wheat flour
- 2 tsp. baking powder
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{2}$ cup milk (any kind)
- $\frac{1}{4}$ cup oil (coconut, vegetable, or canola work well)
- 1 egg
- $\frac{1}{4}$ cup honey
- $\frac{1}{4}$ cup coconut sugar*
- 1 tsp. vanilla
- 1 cup blueberries (washed and patted dry) + 1 tbsp. all purpose flour



Instructions

1. Preheat oven to 350 degrees. Spray a 12 count muffin pan with cooking spray and set aside.
2. In a small bowl, mix the blueberries and tablespoon of flour together and set aside.
3. In a large bowl, whisk together both flours, baking powder, and salt.
4. In a separate bowl, whisk together the milk, oil, egg, honey, coconut sugar, and vanilla.
5. Combine the wet and dry ingredients, mixing until just combined. Make sure not to over mix the batter.
6. Gently fold the blueberries into the batter.
7. Scoop out the batter evenly into each muffin tin (about two-thirds of the way full).
8. Bake for 15-18 minutes, remove from oven and allow to cool in pan for about 10 minutes then transfer to wire rack to cool completely.

Notes

The coconut sugar can be substituted with granulated sugar or brown sugar.

Store cooled muffins in an airtight container on the counter for 3-4 days, in the refrigerator for up to one week, or freeze for up to two months.

Nutrition Information

Serving size: 1 Calories: 144 Fat: 5.4 Carbohydrates: 22.2 Sugar: 10.8 Fiber: 1.6 Protein: 2.4

Recipe by Live Well Bake Often at <https://www.livewellbakeoften.com/whole-wheat-blueberry-muffins/>