

Health Nut Blueberry Muffins

Jacob · 28/09/2024

**Prep Time**

30 mins

Difficult

Medium

Servings

12

Description

This blueberry muffin recipe is made with whole wheat flour oats and wheat germ for a healthier alternative to regular blueberry muffins

Ingredients

- - $\frac{3}{4}$ cup all-purpose flour - $\frac{3}{4}$ cup whole wheat flour - $\frac{3}{4}$ cup white sugar - $\frac{1}{4}$ cup oat bran - $\frac{1}{4}$ cup quick cooking oats - $\frac{1}{4}$ cup wheat germ - 1 teaspoon baking powder - 1 teaspoon baking soda - $\frac{1}{4}$ teaspoon salt - 1 cup blueberries - $\frac{1}{2}$ cup chopped walnuts - 1 cup buttermilk - 1 medium banana
- mashed - 1 large egg - 1 tablespoon vegetable oil - 1 teaspoon vanilla extract

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Line a 12-cup muffin pan with paper liners. Stir both flours
2. sugar
3. oat bran
4. oats
5. wheat germ
6. baking powder
7. baking soda
8. and salt together in a large bowl. Gently stir in blueberries and walnuts. Mix buttermilk
9. mashed banana
10. egg
11. oil
12. and vanilla together in a separate bowl. Pour wet ingredients into dry ingredients; mix until just blended. Spoon batter into the prepared muffin cups
13. filling all the way to the top. Bake in the preheated oven until tops spring back when lightly pressed
14. 15 to 18 minutes. Remove from the oven and let cool on a wire rack.