



Whole Wheat Blueberry Muffins

Oscar · 28/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

12

Description

These yummy muffins are made with all whole wheat flour and lots of fresh blueberries My husband says theyre the best muffins hes ever tasted and even my super picky kids love them

Ingredients

— - 1 ½ cups whole wheat flour - ¾ cup white sugar - ½ teaspoon salt - 2 teaspoons baking powder - ? cup vegetable oil - 1 egg - ? cup milk - ½ cup unsweetened applesauce - 1 pint fresh blueberries

Instructions

1. Preheat oven to 400 degrees F (200 degrees C). Grease 12 muffin cups
2. or line with paper liners. Whisk together the flour
3. sugar
4. salt
5. and baking powder in a large bowl. Whisk vegetable oil
6. egg
7. milk
8. and applesauce together in a separate bowl until smooth
9. and stir the liquid ingredients into the flour mixture until moistened. Lightly stir in the blueberries. Spoon the batter into the prepared muffin cups
10. filling them 2/3 full. Bake muffins in the preheated oven until they rise and the tops are golden brown
11. about 20 minutes. A toothpick inserted into the center of a muffin should come out clean. Cook's Note We've also made these vegan with great success by using almond milk instead of regular
12. and 1 tablespoon egg replacer and 1/4 cup water in place of the egg.