

Nursing Mom Blueberry Muffins

Ingredients:

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|---------------------------------------|-----------------------------|
| 1 cup oatmeal | 1 teaspoon baking soda |
| 1 1/4 cups whole wheat flour | 1/2 teaspoon salt |
| 1/2 cup plain Greek yogurt | 2 tablespoons brewers yeast |
| 1/2 cup skim milk | 1 cup fresh blueberries |
| 4 tablespoons unsalted butter, melted | |
| 2 eggs, lightly beaten | |
| 2/3 cup brown sugar | |
| 1 teaspoon vanilla | |
| 2 tablespoons ground flax meal | |
| 1 teaspoon baking powder | |

Directions:

1. Preheat oven to 350°F.
2. Line muffin tin with muffin liners.
3. Combine all dry ingredients in a bowl.
4. In separate bowl, combine all wet ingredients (yogurt, eggs, butter, and vanilla).
5. Fold wet ingredients into dry ingredients. Stir to combine.
6. Gently fold in blueberries.
7. Spoon into muffin tins.
8. Bake until tops are golden and spring back when gently touched. 20-25 minutes.

Nutrition Facts

Serving Size 1 muffin (77g)	
Servings Per Container 12	
Amount Per Serving	
Calories 190	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 190mg	8%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 13g	
Protein 5g	
Vitamin A 4%	• Vitamin C 2%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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Source: Fab Haute Mama

