

THE OTHER SIDE OF THE SPATULA

Living a Tasty Life with Donna Delcora

Scrumptious Healthier Blueberry Muffins

Ingredients:

3 cups all-purpose flour
1 ½ cups of sugar
1 teaspoon baking powder
¾ teaspoon of baking soda
½ teaspoon salt
¼ teaspoon ground nutmeg
1 cup low-fat vanilla yogurt (* Not Greek Yogurt)
¾ cup low-fat milk
½ cup olive oil
3 large eggs
1 tablespoon vanilla extract
2 cups fresh blueberries



Instructions:

1. Preheat the oven to 350 degrees. If making large muffins as pictured, grease and flour large muffin tins to make 10 muffins. Shake out excess flour before filling. If using average-sized tins, this recipe will make about 20 muffins. (see note for parchment paper cups)
2. In a bowl, combine the flour, sugar, baking powder, baking soda, salt, and nutmeg. Mix well to combine.
3. In a large bowl, whisk together yogurt, oil, eggs, milk, and vanilla extract. When well mixed, add in the flour mixture until well blended; gently stir in the blueberries.
4. Bake for approximately 45 minutes for large muffins, or bake until a toothpick inserted in the center of the muffin comes out clean.

Notes:

- a. Please remember to use regular low-fat yogurt, not the Greek style, as the consistency is not suitable for this recipe.
- b. Standard size no-grease parchment muffin cups can be purchased on Amazon, link below. The muffins take on a professional appearance when made in these cups. They present wonderfully and are low clean-up. I fill them up for a "full" muffin. I generally get 10- 12 muffins using this method.
- c. Lemon yogurt can be used to add a lemony twist.
- d. If preparing as a cake, use a greased and floured 10-inch tube pan and bake at the same temperature for approximately 1 hour or until an inserted toothpick comes out clean.