



Tried and Tested: Healthy Blueberry Muffins

With frozen or fresh Nova Scotia blueberries and fresh Nova Scotia maple syrup, these muffins are a nice healthy treat. They freeze well and can be heated for tea!

Recipe tested by: Diana Dibblee, PDt

Ingredients:

1 ½ cups whole wheat flour
½ cup quick cooking oats
½ cup ground flax seed meal
1 ½ tsp baking powder
½ tsp salt
1 cup applesauce
½ cup milk (can use nut milk if desired)
1/3 cup Nova Scotia Maple syrup
3 Tbsp canola oil
zest of 2 oranges (or lemons)
2 eggs
1 tsp real vanilla extract
1 ¼ cups of frozen or fresh Nova Scotia blueberries



Instructions:

1. Mix dry ingredients (flour, oats, flax, baking power and salt).
2. In another bowl whisk applesauce, milk, maple syrup, and oil together. Beat in eggs. With a wooden spoon, add zest and vanilla only just to mix.
3. Slowly, stir dry ingredients into wet ingredients. Add blueberries just until mixed. Do not over mix.
4. Divide into 12 muffin cups. Cook at 375 degrees for 22-25 minutes. Let cool before eating!

Recipe adapted from [Kitchen Treaty](#).