

Dietician's Corner

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MIXED BERRY WHOLE WHEAT MUFFINS

By Amanda Thul, RD, LD

We are officially entering into berry season! This muffin recipe showcases strawberries and blueberries. It packs extra fiber, protein, and overall nutrition by replacing refined flour and cooking oil with whole wheat flour, applesauce, and Greek yogurt. These are great as part of a make ahead breakfast or snack.

RECIPE: MIXED BERRY WHOLE WHEAT MUFFINS

Makes 1 dozen muffins

INGREDIENTS:

- 1 1/4 cup white whole wheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/8 teaspoon salt
- 1 large egg
- 1/2 cup maple syrup
- 2 teaspoons vanilla extract
- 3/4 cup plain nonfat Greek yogurt
- 3/4 cup unsweetened applesauce
- 1/2 cup chopped strawberries
- 1/2 cup blueberries

DIRECTIONS:

Preheat oven to 400°F. Grease muffin pan or insert liners and set aside. Whisk flour, baking powder, baking soda and salt in medium bowl. Mix egg, maple syrup, vanilla, yogurt and applesauce in separate large bowl.

Add dry ingredients to wet ingredients and stir until just combined. Do not overmix. Fold in strawberries and blueberries.

Pour batter into prepared muffin tin, filling cups about three-fourths full. Bake 15 minutes, or until tops are golden brown and a toothpick inserted into the center comes out clean.

Remove from oven and let cool in muffin tin 5 minutes before removing from the pan. Can be stored at room temperature or in the freezer.

Have More Questions?

I'd love to help you weed through the nutrition pseudoscience and get to the answer.

Reach me at the hospital at 515-332-7608.

