



# Whole-Grain Blueberry Pancake Muffins



## INGREDIENTS

- Vegetable oil cooking spray
- ½ cup whole wheat flour
- ½ cup all-purpose flour
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 2/3 cup fat-free milk
- 2 large eggs
- ¼ cup real maple syrup
- 1 teaspoon vanilla extract
- 2 tablespoons canola oil
- 1 cup fresh or frozen blueberries

### Nutrition Information:

Calories: 98, Total Fat: 3g, Saturated Fat: 0.5g, Cholesterol: 36mg, Sodium: 67g, Total Carbohydrate: 15g, Fiber: 1g, Protein: 3g

## DIRECTIONS (Yields 12 servings)

1. Preheat oven to 425 degrees. Spray muffin tin with vegetable oil cooking spray.
2. Mix flour, baking powder, and salt together in a medium bowl.
3. In a separate bowl, whisk together wet ingredients (milk, eggs, syrup, vanilla and oil).
4. Add the milk mixture to the dry ingredients and stir with a whisk until small lumps remain (do not over mix). Fold in the blueberries.
5. Fill each muffin tin with about ¼ cup of batter per muffin. Bake until lightly golden, about 15 minutes.
6. Cool for a few minutes, then run a knife around the edges of the muffin to release.