

Blueberry Muffins

These hearty and nutritious muffins will be your family's new favourite. Not only packed with great ingredients but also boasting B vitamins and high in iron and fibre.

This recipe makes 12 muffins

Wet ingredients:

- 1 Tbsp lemon juice
- 1 cup milk
- 1 egg
- ¼ cup oil (choose light flavoured oil like canola or grapeseed)
- 3 Tbsp blackstrap molasses
- 3 Tbsp honey
- 1 tsp vanilla
- 1 ½ cup blueberries (fresh or frozen)

Dry Ingredients:

- 1 cup wheat bran
- 1 ½ cups whole wheat flour
- 1 ½ tsp Baking powder
- 1 ½ tsp baking soda
- 1 cup sunflower seeds or walnuts (optional)

Directions:

1. Heat the oven to 375F
2. Combine milk, lemon, oil, eggs, molasses, honey and vanilla
3. Mix dry ingredients and add it to the wet ingredients
4. Once lightly mixed, add blueberries and fold them in.
5. Bake for about 20-25 min until knife inserted comes out clean
6. Enjoy!

