



Ginger Blueberry Muffins

Recipe Source: www.inspiredtaste.net

Yield: 12 muffins

Ingredients:

$\frac{3}{4}$ cup rolled oats
1 cup all-purpose flour
2½ tsp baking powder
½ tsp salt
½ cup granulated sugar
 $\frac{1}{3}$ cup canola oil
1 large egg
2 tsp finely grated fresh ginger
1½ tsp vanilla extract
 $\frac{3}{4}$ cup low-fat milk (dairy or non-dairy)
8 oz fresh or frozen blueberries (about 1 cup)
Glaze (optional):
½ cup powdered sugar
1 Tbsp milk (dairy or non-dairy)
¼ tsp vanilla extract

Steps:

- Heat oven to 400°F. Spray a standard 12-cup muffin tin lightly with cooking spray or line with baking cups.
- Add oats to a blender or food processor and pulse until the oats are finely ground. You should have a generous ½ cup of oat flour.
- Whisk oat flour, all-purpose flour, baking powder, and the salt together. Set aside.
- In a separate bowl, whisk the sugar, oil, egg, ginger, vanilla, and milk until well blended.
- Add the dry ingredients to the sugar mixture, stirring just until combined. Carefully fold in the blueberries.
- Divide the batter between muffin cups, filling $\frac{3}{4}$ full.
- Bake until muffins are light brown and spring back lightly when you press the middle, 15-18 minutes. Let cool in tin for 5 minutes then remove muffins to a rack to cool slightly.
- Meanwhile, make glaze by whisking powdered sugar with milk and vanilla until smooth. With muffins still slightly warm, spoon glaze over muffins, allowing it to drip down the sides.

Tips from the Test Kitchen: ½ tsp of ground ginger can be used if you don't have fresh ginger on hand.



Nutritional Facts (per serving): Calories: 190, Carbohydrates: 28 grams, Protein: 3 grams, Total Fat: 7 grams, Saturated Fat: 1 gram, Cholesterol: 16 mg, Sodium: 112 mg, Fiber: 1 gram, Total Sugars: 16 grams.