



# BLUEBERRY BREAKFAST MUFFINS

An easy, healthy grab and go  
breakfast!

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# BLUEBERRY BREAKFAST MUFFINS

Servings: 10

## INGREDIENTS:

- 220G WHOLEWHEAT FLOUR
- 1 TSP BAKING POWDER
- 1 TSP BICARB SODA
- ½ TSP SALT
- 2 TSP CINNAMON
- 80ML OLIVE OIL
- 170G MAPLE SYRUP OR HONEY
- 2 EGGS
- 250G GREEK YOGHURT
- 2 TSP VANILLA EXTRACT
- 200G BLUEBERRIES
- 50G FLAKED ALMONDS



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## METHOD:

1. Pre-heat the oven to 180 degrees/ gas mark 4 and line a muffin tray with 10 cases.
2. In a large bowl, mix together all the dry ingredients.
3. In a separate bowl, combine the oil and honey and beat together with a whisk. Add the eggs and beat well, slowly adding the yoghurt and then finally the vanilla.
4. Pour the wet ingredients into the dry and mix well with a large spoon, ensuring that the mixture is fully combined.
5. Gently fold in the blueberries. Divide the mixture evenly into the muffins cases and sprinkle the flaked almonds on top (optional).
6. Bake for 15-20 minutes, or until golden. Enjoy!

Per serving:

**ENERGY**  
1186/284kcal  
14 %

**FAT**  
15g  
21%

**SATURATES**  
3.5g  
18%

**SUGARS**  
13g  
14%

**SALT**  
0.09g  
2%

### IMPORTANT INFORMATION

\*Allergen information is compiled using data obtained from the manufacturer of products we have used. If you decide to use a different product there may be a different allergen declaration, so please check the labels of all the ingredients you purchase to make this recipe. This information is for guidance only.

Nutritional information has been compiled by Registered Nutritionists using an industry standard software system (FDH Saffron). Please bear in mind that the nutrition will change depending on the products that you use to make this recipe. This information is for guidance only.

Contains: Milk, Eggs, Gluten