



# Oatmeal Summer Berry Muffins

*A delicious breakfast muffin that is also great for dessert! These oatmeal berry muffins are a good source of fibre, vitamin C, calcium, and iron while making use of fresh seasonal summer berries. Frozen berries can easily be substituted into this recipe too.*

Prep: 25 minutes • Total: 50 minutes

## Ingredients:

Whole Wheat Flour	1 cup	250 mL
All-Purpose Flour	¼ cup	60 mL
Quick Rolled Oats	1 cup	250 mL
Baking Powder	2 tsp	10 mL
Salt	¼ tsp	1 mL
Cinnamon (ground)	½ tsp	2 mL
Brown Sugar	⅓ cup	75 mL
Egg	1	1
Milk (2%)	1 cup	250 mL
Yogurt (plain or Greek)	½ cup	125 mL
Mixed Berries (strawberries, blueberries, raspberries)	1 ½ cup	375 mL

## Directions:

1. Pre-heat oven to 400°F (200°C). Line or grease 12-muffin pan.
2. In a large bowl, combine flour, oats, baking powder, salt, and cinnamon. Fold in mixed berries.
3. In separate bowl, mix together brown sugar, egg, milk, and yogurt. Mix well.
4. Pour wet mixture into dry ingredients and stir until just combined.
5. Evenly divide batter into muffin pan.
6. Bake on middle rack for 25 mins until tops spring back when lightly touched.
7. Cool in pan for 10 mins, then transfer to rack to cool completely.

## Nutrition Facts

Serving Size (79g)		Servings Per Container	
Amount Per Serving			
<b>Calories 120</b>	<b>Calories from Fat 15</b>		
		% Daily Value*	
<b>Total Fat 1.5g</b>	<b>2%</b>		
Saturated Fat 0g	<b>0%</b>		
Trans Fat 0g			
<b>Cholesterol 20mg</b>	<b>7%</b>		
<b>Sodium 160mg</b>	<b>7%</b>		
<b>Total Carbohydrate 24g</b>	<b>8%</b>		
Dietary Fiber 2g	<b>8%</b>		
Sugars 8g			
<b>Protein 5g</b>			
Vitamin A 2%	• Vitamin C 10%		
Calcium 6%	• Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Adapted from: Hellmann's Mayonnaise

Makes 12 servings ( 79 g / serving) • 1 serving = 1 muffin

Prepared By: Jennifer Broxterman, Registered Dietitian & Joyce Ho, BSCh Foods & Nutrition student  
 NutritionRx • Email: info@nutritionrx.ca • Phone: (519) 520-9549 • Website: www.nutritionrx.ca