**Berry Tasty Muffins**

**Prep time:** about 40 minutes  
  
**What you need:**

* 1 c. flour
* 1 c. oatmeal
* 3 tbsp. sugar
* 1 tsp. salt
* 4 tsp. baking powder
* 1 c. blueberries, washed
* 1 egg
* 1 c. milk
* ¼ c. vegetable oil
* nonstick cooking spray

**Equipment and supplies:**

* oven (you'll need help from your adult assistant)
* mixing spoon
* 2 large bowls
* fork
* muffin/cupcake tin
* paper muffin/cupcake liners
* wire rack for cooling muffins
* measuring cups and spoons

**What to do:**

1. Preheat oven to 400°F (200°C).
2. In a large bowl, mix together the flour, oatmeal, sugar, salt, and baking powder.
3. Mix in blueberries.
4. In another bowl, break the egg and use a fork to beat it just a little bit. Then add the milk and vegetable oil, and mix.
5. Add egg mixture to the dry ingredients in the large bowl.
6. Using a mixing spoon, mix about 25 or 30 times. Don't mix too much! Your muffin mixture should be lumpy, not smooth.
7. Line a muffin tin with paper liners or lightly spray with nonstick spray. Spoon in the muffin mix. Fill each muffin cup about 2/3 of the way up.
8. Bake for about 20 minutes.
9. When muffins are finished baking, remove from muffin tin and cool them on a wire rack.
10. Enjoy your berry tasty muffins!

**How much does this recipe make?**  
12 muffins  
  
**Nutritional analysis (per serving):**  
136 calories  
3 g protein  
6 g fat  
19 g carbohydrate  
1 g fiber  
18 mg cholesterol  
344 mg sodium  
86 mg calcium  
0.9 mg iron

**Note:** Nutritional analysis may vary depending on ingredient brands used.

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