



Blueberry & Apple Oat Bran Muffins

9 servings
25 minutes

Ingredients

1 1/4 cups Oat Bran
1/2 tsp Baking Soda
1/4 tsp Sea Salt
1/2 cup Unsweetened Applesauce
1/4 cup Oat Milk
1 Egg (large)
1 tbsp Extra Virgin Olive Oil
1 tsp Vanilla Extract
1 tsp Apple Cider Vinegar
1/4 cup Blueberries

Nutrition

Amount per serving	
Calories	66
Fat	3g
Carbs	11g
Fiber	2g
Sugar	2g
Protein	3g
Cholesterol	21mg
Sodium	147mg
Vitamin A	36IU
Vitamin C	1mg
Calcium	21mg
Iron	1mg
Vitamin D	5IU
Folate	10µg
Magnesium	32mg

Directions

- 1 Preheat the oven to 375°F (190°C) and line a muffin tray with liners or use a silicone muffin tray.
- 2 In a large bowl, mix the oat bran, baking soda, and salt. Set aside.
- 3 In a smaller bowl, mix the applesauce, milk, egg, oil, vanilla, and apple cider vinegar.
- 4 Add the wet mix into the dry ingredients and stir just until combined. Gently fold in the blueberries.
- 5 Divide the batter among muffin cups. Bake for 10 to 15 minutes or until cooked through. Let cool, and then remove the muffins. Enjoy!