

Blueberry Pumpkin Muffins

These muffins are loaded with powerful orange and blue antioxidants and the blueberry flavors just come to life!



Prep Time: 10 minutes

INGREDIENTS

Yield: 12 servings

- 1-1/4 cup of oat flour (blend old-fashioned oats in a blender until flour consistency)
- 1 cup almond flour
- 1/4 cup chopped walnuts (optional), extra walnuts for topping
- 2 teaspoons baking powder
- 2 tablespoons ground flax seed
- 1 teaspoon ground cinnamon
- 1/2 teaspoon sea salt
- 1 cup canned pureed pumpkin
- 1/3 cup pure maple syrup
- 1/3 cup extra virgin olive oil
- 2 teaspoons pure vanilla extract
- 2 large eggs
- 2 cups blueberries, fresh in season or frozen (do not defrost; coat frozen blueberries with 1 tablespoon oat flour to help the blueberries distribute throughout the batter. It also reduces how much the blueberries bleed into the batter).

Cook time: 42 - 45 minutes

PREPARATION

- Preheat the oven to 350°F. Line a 12-cup muffin tin with paper liners and set aside.
- In a large bowl, whisk the dry ingredients: measure out 1 cup of oat and almond flour, walnuts, baking powder, ground flaxseed, cinnamon, and sea salt.
- In a separate large bowl whisk together wet ingredients: pumpkin, maple syrup, olive oil and vanilla. Gently whisk eggs with a fork and add to the mixture.
- Fold dry ingredients into wet ingredients until combined.
- Reserve 1/2 cup blueberries for topping the muffins. Fold in remainder of blueberries into the muffin batter.
- Using a 1/3 cup measure add muffin mix into the muffin cups.
- Top muffins with blueberries and walnuts.
- Bake for 42 to 45 minutes or until toothpick comes out clean.

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