CHEW Baking: “Love Muffins”
Whole Wheat Blueberry Muffins

Prep Time: 15 min  Total Cost: $2.84 ($0.23 per muffin)
Cook Time: 25 min  Yield: 1 Dozen

- 1 1/2 cups whole wheat flour
- 1/4 cup ground flax seed
- 3/4 cup white sugar
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1/2 cup vegetable oil
- 1 egg
- 3/4 cup milk
- 1 cup fresh or frozen blueberries

1. Preheat oven to 400 degrees F (200 degrees C). Grease muffin cups or line with muffin liners.
2. Combine flour, sugar, salt, and baking powder. In separate bowl, place vegetable oil, egg, flaxseed, and milk and whisk to combine. Mix this with flour mixture and blueberries in one bowl just until combined — do no over-mix.
3. Fill muffin cups and bake for 20 to 25 minutes in the preheated oven, or until done.

Highlight Ingredients: Whole-Wheat Flour & Flaxseed

Whole-Wheat Flour
- Can use as substitute for all purpose flour in recipes
- Increases fiber and protein content of product
- Increases duration of satiety
- Good for gastrointestinal health—reduces risk of diverticular disease, cancers, and keeps people pooping.

Flaxseed (Choose ground flax seed)
- Good source of omega-3 fatty acids—aid in brain health and essential to include in diet.
- Can help lower cholesterol levels and has anti-inflammatory properties
- Adds fiber to foods—great addition to baked goods, and can sprinkle on yogurt/cereal or put into smoothies as desired.