



## Blueberries: Blueberry Nut Oat Muffins

### Ingredients

- 1 1/2 cups oat bran
- 1 1/2 cups all-purpose flour
- 1/2 cup packed brown sugar
- 2 teaspoons baking soda
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1 1/8 cups applesauce
- 1/2 cup egg substitute
- 2 tablespoons canola oil
- 1 teaspoon vanilla extract
- 1 1/2 cups blueberries
- 1/4 ounce chopped pecans
- 1/2 cup low fat granola

### Directions

- Preheat oven to 400 degrees F (200 degrees C). Line a 12 cup muffin pan with paper muffin liners, and spray liners with cooking spray.
- In a large bowl, mix the oat bran, flour, brown sugar, baking soda, baking powder, cinnamon, and salt. In a separate bowl, blend the applesauce, egg substitute, canola oil, and vanilla extract. Thoroughly mix the applesauce mixture into the flour mixture.

- Fold in the blueberries and pecans. Spoon the batter into the prepared muffin cups. Sprinkle batter with granola, and press granola lightly to make it stick.
- Bake 18 minutes in the preheated oven, or until a toothpick inserted into a muffin comes out clean. Cool on a wire rack.