Power Muffins
(Blueberries, oatmeal, and Greek yogurt)

Ingredients
- Non-stick cooking spray
- 2 cups whole wheat flour
- 1 cup plain oats, quick or regular
- 2/3 cup sugar
- 1 teaspoon baking powder
- 1 cup fresh blueberries

Directions
7. Coat a muffin tin with cooking spray and set aside.
8. In a bowl, combine the flour, oats, sugar, baking powder, baking soda, and salt. In a second bowl, combine the yogurt, honey, eggs, butter, and vanilla.
9. Fold the yogurt mixture into the dry mixture and stir to combine well.
10. Gently fold in the blueberries. *the mixture should be very thick but if it’s too thick, or dry and crumbly, add some milk until it mixes well