

Foodnity Recipes

# Healthy Blueberry Muffins – Diabetic Friendly

| | | |
|---|---|---|
| **15 min**<br>Prep time | **20 min**<br>Cook time | **35 min**<br>Total time |
| **12**<br>Servings | **Easy**<br>Difficulty | **American**<br>Cuisine |

## Ingredients

### Dry Ingredients

- [ ] 2 cups oat flour
- [ ] 1 tsp baking powder
- [ ] ½ tsp baking soda
- [ ] ¼ tsp salt

### Wet Ingredients

- [ ] 1 cup Greek yogurt
- [ ] ½ cup mashed ripe bananas (about 2 medium)
- [ ] ¼ cup maple-flavored stevia
- [ ] 2 large eggs
- [ ] 1 tsp vanilla extract
- [ ] 1 tbsp lemon zest

### Add-ins

- [ ] 1 cup fresh blueberries
- [ ] Optional: ¼ cup chopped walnuts

## Instructions

1. Preheat oven to 350°F (175°C) and line a muffin tin with paper liners.
2. In a bowl, whisk together oat flour, baking powder, baking soda, and salt; set aside.
3. In another bowl, combine Greek yogurt, mashed bananas, stevia, eggs, vanilla, and lemon zest until smooth.
4. Gently fold the dry ingredients into the wet mixture, being careful not to over-mix.
5. Toss blueberries in a tablespoon of the oat flour, then fold them (and optional walnuts) into the batter.
6. Spoon batter into the liners, filling each about three-quarters full, and bake for 18–20 minutes until a toothpick comes out clean.

### Nutrition per serving

| 150 kcal | 6 g | 22 g | 4 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Tips & notes

- If you prefer a sweeter taste, add an extra tablespoon of stevia or a drizzle of honey after baking.
- For extra fluffiness, let the batter sit for five minutes before filling the tins.
- A quick tip: dip the bottom of the muffin tin in a little butter before lining for an extra golden edge.