

Nutrition Facts

- 1 cup serving blueberries
- 85 calories
- 0.5 g fat
- 114 mg sodium
- 3.6 g fiber
- 15 g sugar
- 1.1 g protein
- 24% daily value vitamin C

Fun Facts About Blueberries

- Blueberries are rich in flavonoids, which possess antioxidant and anti-inflammatory properties.
- The peak season for fresh blueberries in North America runs from mid-June to mid-August.
- Blueberries grow on bushes that can reach a height of up to 12 feet tall!
- Blueberries were first harvested in New Jersey just over 100 years ago.

If you have any questions about blueberries or any other food or nutrition topics, please feel free to ask Kimberly! She is a Registered Dietitian and the West Texas Food Bank's Nutrition Education Specialist.

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Baked Blueberry Banana Oatmeal Muffins

Serves 12 (1 muffin serving)

Ingredients

- 1 cup blueberries (fresh or frozen)
- 2 eggs
- 2 cups rolled oats, old fashioned
- 2 bananas, medium ripe
- 1 cup brown sugar
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract

Nutrition Facts:

76 calories, 13.6 g carbs, 1.6 g fat, 0.3 g saturated fat, 1.4 g fiber, 4.8 g sugar, 2.3 g protein

What you will need:

- Measuring cup
- Measuring spoons
- Muffin pan
- Cupcake liners (optional)
- Medium bowl
- Fork

You will find blueberries and oats in the pantry today! Pick them both up to make this delicious recipe at home!

Directions:

1. Preheat oven to 425°F.
2. Line standard muffin pan with 12 liners and set aside.
3. In a medium bowl, mash banana with a fork.
4. Then beat in the eggs and add rolled oats, baking powder, brown sugar, and vanilla.
5. Mix well.
6. Gently stir in blueberries.
7. Divide the batter into the prepared muffin pan and bake for 15 minutes. Enjoy!