

Low-FODMAP Blueberry Muffins



Introducing our irresistible Low-FODMAP Blueberry Muffin recipe, perfect for blueberry enthusiasts. A blueberry breakfast option that will tantalize the taste buds.

Preparation 10 min

Cooking 20 min

Servings 12

Nutrition Facts (per serving)

Calories 150

Fat 4

Carbohydrates 23

Fibre 2

Protein 4

Sodium 65

Ingredients

- 375 ml (1½ cups) oat flour (*)
- 125 ml (½ cup) buckwheat flour
- 10 ml (2 tsp) baking powder
- 1 ml (¼ tsp) salt
- 30 ml (2 tbsp) vegetable oil
- 125 ml (½ cup) brown sugar

- 1 ml (¼ tsp) vanilla extract
- 2 eggs
- 125 ml (½ cup) 2% lactose-free milk or almond milk
- 80 ml (? cup) fresh blueberries (**)

* For the oat flour, use a store-bought version like Bob's Red Mill or simply blend 500 mL (2 cups) of rolled oats in a blender until they are a flour consistency

** Adjust the quantity of blueberries according to your own tolerance

Preparation

1. Place the rack in the center of the oven. Preheat the oven to 375°F (190°C).
2. In a medium bowl, combine flour, baking powder and salt. Set aside.
3. In another bowl, beat eggs with a fork and add sugar, vanilla extract and milk. Whisk well.
4. Gradually add the wet mixture to the dry ingredients. Then add blueberries and mix well.
5. Divide the mixture between the cavities of a 12-muffin pan. Bake for 20 minutes or until a toothpick inserted in the center of a muffin comes out dry.

Notes

Can be kept up to 3 days in an airtight container and freeze up to 2 months.



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