

## Flax Blueberry Muffins

### Topping:

1/3 cup quick oats  
1/4 cup brown sugar  
1/4 cup pecans, (or walnuts) finely chopped  
1/4 tsp cinnamon  
3 tbsp margarine or butter (melted)  
2 tbsp all purpose flour

### Muffin:

1 1/2 cups all purpose flour, sifted  
1/2 cup ground flax  
1 1/2 tsp baking powder  
1/2 tsp baking soda  
1/2 salt  
1/2 cup sugar  
1 tbsp canola oil  
1 cup skim milk  
1 tbsp lemon juice  
1 egg  
1 tsp vanilla  
3/4 cup blueberries

Preheat oven to 350 degrees F.

### Topping:

- \* Combine quick oats, brown sugar, pecans, cinnamon and flour.
- \* Add melted butter/margarine; mix together

### Muffins:

- \* Combine dry ingredients, mix well.
- \* In a separate bowl, whisk together canola oil and egg.
- \* Add wet ingredients to egg mixture, whisk until well blended.
- \* Add dry ingredients, stir until dry ingredients are thoroughly moistened.
- \* Add berries, gently fold into batter, do not over mix.
- \* Spray muffin tins with non-stick vegetable spray.
- \* Fill each muffin cup with 1/4 cup of batter.
- \* Bake for 20 minutes or until inserted toothpick comes out clean.
- \* Remove from oven. Cool on wire rack for 5 minutes. Remove from tin and cool to room temperature.

Yield: 12 muffins

Flax content: 5.8 grams per serving

Enjoy!  
Esther Hylden