

## Oral Fitness For Life™

May 2010

*Healthy & Delicious*  
*“Recipe of the Month”*



*Adell's*  
*Blueberry Health Muffins*

### Directions

- Grease 12 2.5 inch muffins cups, or line with muffin papers, set aside.
- Mix dry ingredients. Make well in center of dry mix and set aside.
- Mash banana and combine with wet ingredients.
- Add mixture to dry mixture.
- Stir to moisten (batter should be lumpy).
- Add blueberries.
- Spoon batter into prepared muffin cups, filling 2/3 full.
- Bake 400 degrees 20 minutes or until golden.
- Cool in muffin cups for 5 minutes.
- Remove from cups and enjoy.

Recipe Provided by  
Adell Steely, RDH

### Ingredients

- ¾ c flour
- ¾ c whole wheat flour
- ¾ c sugar
- ¼ c oat bran
- ¼ c oats
- ¼ c wheat germ
- ¼ c flax meal
- 1 t. baking powder
- 1 t. baking soda
- ¼ t salt
- 1 c blueberries
- 1 banana mashed
- 1 c. buttermilk
- 1 egg
- 1 T veg. oil
- 1t. Vanilla