

Blueberry Muffins with Greek Yogurt, Oats & Walnuts

Makes 12 muffins

Oven: **180°C**



Ingredients

WET

- 210 g blueberries (fresh or frozen)
- 3 large ripe bananas, mashed
- 1 large egg
- 120 g plain Greek yogurt
- 90 g honey or 100 g sugar
- 2 tsp vanilla extract

DRY

- 225 g all-purpose flour
- 110 g rolled oats
- 8 g baking powder
- ½ tsp baking soda
- ¾ tsp ground cinnamon
- 1 pinch salt
- 40 g walnuts, chopped
- Optional: 10 g chia seeds
- Optional: +1 Tbsp (15 g) Greek yogurt (if using chia)

Instructions

1. Preheat oven to **180°C**. Prepare a 12-cup muffin pan. Lightly oil liners or the pan.
2. Mash **bananas** in a large bowl. Add **egg, yogurt, honey** (or sugar), and **vanilla**. Mix well.
3. In a separate bowl, mix **flour, oats, baking powder, baking soda, cinnamon, and salt**.
4. Add dry ingredients to wet ingredients and stir gently until just combined.
5. Fold in **blueberries** and **walnuts**. If using **chia seeds**, fold them in now.
6. Fill muffin cups to the top with batter.
7. **Bake for 21–22 minutes** until set.
8. **Cool 5 minutes**, then transfer to a rack.

Notes

- Frozen blueberries can be used directly from the freezer.
- Walnuts balance sweetness and add protein.
- If using chia seeds, add extra yogurt to prevent dryness.
- Store at room temperature 2 days, fridge up to 5 days.
- Freezes well once cooled.

Nutrition (per muffin)

Kcal: ~190 | Protein: 5 g | Fat: 7 g | Sat. Fat: 1 g | Carbs: 28 g | Sugars: 15 g | Fiber: 4 g | Sodium: 120 mg | Omega-3: 0.2 g