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## Fastest-Ever Blueberry Muffin

**Ready In:** 5 minutes

**Serves:** 1

Use flax meal to darken the muffin and add nutrients.

### Ingredients

- » Oil *for greasing* or Nonstick Cooking Spray
- » 2 tablespoons Blueberries *fresh or frozen*
- » 4 tablespoons Flour or Ground Flaxseed or Almond Meal
- » 1/2 teaspoon Baking Powder
- » 1/2 teaspoon Cinnamon
- » 1 Egg
- » 1 tablespoon Honey or Maple Syrup or Sugar

### What you'll need

- » Microwave-safe cup or bowl
- » Microwave
- » Measuring spoons
- » Spatula or spoon

### Directions

1. Grease a microwave-safe cup or bowl with butter or oil.
2. Mix dry ingredients together thoroughly. (You can do this in a separate bowl or directly in the prepared dish.)
3. Add egg and honey. Mix together.
4. Stir in blueberries.
5. Microwave for 60-90 seconds (depending on strength of microwave), or until fully cooked.

### Chef's Tips

- » The strength of microwaves vary, so check on the muffin halfway through cooking. Take it out early if it looks done before 90 seconds is up to avoid toughness.
- » You can experiment with a mix of different types of flours/grains, such as 2 tablespoons all-purpose flour plus 2 tablespoons ground flaxseed, if you prefer.



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Nutrition Facts	
Serving Size 1.00 muffin	
Serving Per Container 1	
Amount Per Serving	
Calories 279	
	% Daily Value*
<b>Total Fat</b> 5 g	<b>6%</b>
Saturated Fat 2 g	<b>10%</b>
<b>Sodium</b> 246 mg	<b>11%</b>
<b>Total Carbohydrate</b> 46 g	<b>17%</b>
Dietary Fiber 5 g	<b>18%</b>
<b>Protein</b> 11 g	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	