

# Melt-In-Your-Mouth Blueberry Muffins

We experimented with making a sugarless, naturally sweetened muffin and found the perfect comfort food! Sweetened with orange juice concentrate and blueberries, it's a delightful blend of fruitiness.

Recipe by [Rachel Stone](#) | Created on **Mar 8, 2022**

## Ingredients

- 1  $\frac{3}{4}$  cups all-purpose flour
- $\frac{3}{4}$  cup rolled oats
- 1 teaspoon baking powder
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon ground nutmeg
- ? cup vegetable oil
- $\frac{1}{2}$  cup orange juice concentrate, thawed
- $\frac{1}{4}$  cup water
- 1 egg, beaten
- $\frac{1}{4}$  teaspoon vanilla extract
- 1 cup frozen blueberries

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease muffin cups or line with paper muffin liners.
- Mix flour, rolled oats, baking powder, baking soda, salt, and nutmeg together in a large bowl. Combine vegetable oil, orange juice concentrate, water, egg, and vanilla extract in a separate bowl.
- Stir oil mixture into flour mixture; mix until batter is smooth. Fold in blueberries; stir until combined. Spoon batter into prepared muffin cups.
- Bake in the preheated oven until golden and cooked through, about 17 minutes. Cool in the pans for about 1 minute before removing.

## Nutrition Facts

Serving: **12 servings** | Calories: **224.8 kcal** | Carbohydrates: **23.6 g** | Protein: **3.4 g** | Saturated fat: **2.1 g** | Cholesterol: **15.5 mg** | Sodium: **197.1 mg** | Fiber: **1.5 g** | Sugar: **5.7 g**

## Categories

[Bread](#)[Quick Bread Recipes](#)[Muffin Recipes](#)[Blueberry Muffin Recipes](#)