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Blueberry-Oatmeal Muffins

Ingredients

- 1 egg
- 1 1/2 cups nonfat or low fat yogurt
- 1 1/4 cups all purpose flour
- 1 cup quick cooking oats
- 2/3 cup packed brown sugar
- 1/4 cup softened margarine or butter
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon salt - if desired
- 1 cup fresh New England blueberries (may substitute thawed & drained frozen blueberries)

Preparation

- Heat oven to 400 degrees F. Place paper baking cup in each of 12 regular size muffin cups, or grease bottoms only of muffin cups.
- Beat egg in large bowl; stir in remaining ingredients, except blueberries, just until flour is moistened (batter will be lumpy). Gently stir in blueberries. Divide batter evenly among muffin cups.

Cooking

- Bake 20 - 30 minutes or until golden brown. Immediately remove from pan. Serve warm.

Serves 12