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Low Fat Blueberry Muffin ♦

A delicious and healthy blueberry muffin recipe with low fat content. Perfect for breakfast or as a snack.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 300 grams

Number of Servings: 12

Serving Size: 25 g

Ingredients

200 g	All-Purpose Flour
2 tsp	baking powder
1 tsp	salt
2 pieces	Egg
100 g	sugar
200 g	low-fat yogurt

50 ml	vegetable oil
1 tsp	vanilla extract
150 g	blueberries

Directions

Step 1

Preheating

Preheat the oven to 180°C (350°F).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, whisk together the flour, baking powder, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In another bowl, beat the eggs and sugar until creamy. Add the yogurt, vegetable oil, and vanilla extract. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Stirring

Gradually add the wet ingredients to the dry ingredients. Stir until just combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Stirring

Gently fold in the blueberries.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Spoon

Spoon the batter into a greased muffin tin, filling each cup about 2/3 full.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Baking

Bake for 20-25 minutes or until a toothpick inserted into the center of a muffin comes out clean.

Prep Time: 0 mins

Cook Time: 25 mins

Step 8

Cooling

Remove from the oven and let cool for 5 minutes before transferring to a wire rack to cool completely.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 3 g

Protein: 4 g

Carbohydrates: 27 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	27 g	49.09%	54%
Fibers	1 g	2.63%	4%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	3 g	10.71%	12%
Cholesterol	35 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	1 mcg	6.67%	6.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	6 mg	0.6%	0.6%
Iron	6 mg	75%	33.33%
Potassium	100 mg	2.94%	3.85%
Zinc	1 mg	9.09%	12.5%
Selenium	8 mcg	14.55%	14.55%

Recipe Attributes

Events

Christmas

Meal Type

Breakfast

Brunch

Snack

Supper

Nutritional Content

Low Fat

Course

Salads

Snacks

Cost

Over \$50

Demographics

Teen Friendly

Diet

Flexitarian Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Fruitarian Diet

Engine 2 Diet

Blood Type Diet

Ayurvedic Diet

Gluten-Free Diet

The Swiss Secret Diet

The Beverly Hills Diet

Difficulty Level

Medium

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