

# Whole Wheat Blueberry-Chia Muffins

1 egg  
½ cup 1% milk  
¼ cup canola oil (expeller-pressed is best)  
1 cup white whole wheat flour  
½ cup chia flour (ground chia seeds)  
½ cup honey, agave syrup or Splenda  
2 tsp. baking powder  
½ tsp. salt  
1 cup fresh or frozen blueberries or dark chocolate chips  
2 tbsp. chia seeds (to spread on top of muffins)



Preheat oven to 400 degrees, and line muffin cups with papers (I've also made these in a greased mini-loaf pan). Beat the egg, then stir in milk, oil and honey. In a separate bowl, mix the flours, baking powder and salt, then add to the egg/milk/oil/honey mixture, just until flour is moistened (batter should be lumpy). Fold in the blueberries (or chocolate chips)—I like to save a few blueberries or chocolate chips to place on the top of each of the muffins, then sprinkle the chia seeds on top of each muffin.

Fill muffin cups or mini-loaf pans 2/3 full. Bake about 20 minutes, or until golden brown.

**NOTE:** If you don't want the chia flour, you can just use 1 ½ cups whole wheat flour

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