

## Simple Whole Grain Berry Muffins

### Ingredients:

- 1 cup whole grain flour (ground berries)
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 cup milk (or a non-dairy milk alternative)
- 1/4 cup vegetable oil (or melted butter)
- 1/4 cup honey or maple syrup (adjust to your desired sweetness)
- 1 egg
- 1 cup mixed berries (fresh or frozen), such as blueberries, raspberries, or strawberries

### Instructions:

Preheat your oven to 375°F

Grease a muffin tin or line it with paper liners.

In a large mixing bowl, whisk together the whole grain flour, baking powder, baking soda, and salt until well combined.

In a separate bowl, mix together the milk, vegetable oil, honey (or maple syrup), and egg until well blended.

Pour the wet ingredients into the dry ingredients and stir until just combined. Be careful not to overmix; a few lumps are okay. Gently fold in the mixed berries into the batter.

Spoon the batter into the prepared muffin tin, filling each cup about two-thirds full.

Bake in the preheated oven for about 18-20 minutes or until a toothpick inserted into the center of a muffin comes out clean.

Remove the muffins from the oven and let them cool in the tin for a few minutes before transferring them to a wire rack to cool completely.

Now, your delicious Whole Grain Berry Muffins are ready to enjoy! This recipe is simple and foolproof, making it perfect for both experienced bakers and beginners. The muffins will have a delightful nutty flavor from the whole grain flour, and the mixed berries will add a burst of sweetness and freshness. Serve them for breakfast, snack, or dessert, and share the goodness with family and friends!