

Health and Wellness

January 2021 Bulletin

February is Heart Health Month. The first Friday is Wear Red for Heart Health Day. Whether you meet in person or virtually, as your members to wear red. You can use Red Dress clip art in your February newsletter and put posters around your town to remind everyone of Heart Health. Here's a heart healthy muffin recipe. Hope you enjoy it.

Oatmeal Blueberry Muffins

These have a great texture, and stay moist and tender for days - if they last that long at your house!

Prep:

5 mins Cook: 25 mins. Total: 30 mins

Servings:12

Yield: **1 Dozen**

Ingredients

Ingredient Checklist

- 1 ¼ cups quick cooking oats
- 1 cup all-purpose flour
- ⅓ cup white sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1 cup milk
- 1 egg
- ¾ cup oil
- ¾ cup fresh blueberries or ¾ cup frozen

Directions

Instructions Checklist

- **Step 1**
Combine oats, flour, sugar, baking powder, and salt. Mix in milk, egg, and oil; mix just until dry ingredients are moistened. Fold in blueberries. Fill greased muffin cups 2/3 full

Fill 2/3 with batter. Bake 425 degrees – 20-25 minutes

Nutrition Facts

Per Serving:

156 calories; protein 3.5g 7% DV; carbohydrates 22.3g 7% DV; fat 6.1g 9% DV; cholesterol 17.1mg 6% DV; sodium 233.8mg 9% DV.