

Low-Glycemic Three-Grain Berry Muffins with Lime

Wholesome breakfast muffins combining oats, cornmeal, and wheat bran with fresh raspberries. A fiber-rich choice that won't spike your blood sugar. Uses minimal honey (can swap with erythritol) and whole grains dominate over all-purpose flour for better glycemic control.

Prep: 15 min

Cook: 18 min

Total: 33 min

Servings: 12

GL 16.9 / GI 58

Ingredients

Provides soluble fiber for blood sugar control rolled oats

Liquid ingredient; choose unsweetened soy milk for plant-based option 1 percent low-fat milk or plain soy milk

Consider substituting half with whole wheat flour for lower GI all-purpose flour

Coarse-ground preferred for lower glycemic impact coarse-ground cornmeal

High-fiber addition that slows glucose absorption wheat bran

baking powder

salt

Medium GI sweetener; can reduce to 1/3 cup for lower glycemic load honey

Healthy fat that helps moderate blood sugar response canola oil

Adds flavor without glycemic impact fresh lime zest

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Provides protein to balance carbohydrates egg, lightly beaten

Low-sugar fruit with high fiber content fresh raspberries

Instructions

Step 1

Preheat your oven to 400°F (200°C). Prepare a standard 12-cup muffin tin by lining each cup with paper or foil liners. This prevents sticking and makes cleanup easier.

Step 2

Place the rolled oats and milk in a large microwave-safe mixing bowl. Microwave on high power for approximately 3 minutes, stirring once halfway through, until the oats become creamy and fully softened. Allow this mixture to cool slightly while you prepare the dry ingredients.

Step 3

In a separate large mixing bowl, whisk together the all-purpose flour, cornmeal, wheat bran, baking powder, and salt until thoroughly combined. This ensures even distribution of the leavening agent throughout your muffins.

Step 4

To the cooled oat mixture, add the honey, canola oil, freshly grated lime zest, and lightly beaten egg. Stir these wet ingredients together until just combined—the mixture should look slightly lumpy rather than perfectly smooth, which helps create tender muffins.

Step 5

Pour the wet ingredients into the bowl with the dry ingredients. Using a spatula or wooden spoon, fold everything together with gentle strokes until the flour is just moistened. Be careful not to overmix, as this can result in tough, dense muffins.

Step 6

Carefully fold the fresh raspberries into the batter using a gentle motion to avoid crushing the delicate berries. Distribute them evenly throughout the mixture.

Step 7

Divide the batter evenly among the prepared muffin cups, filling each approximately two-thirds full. This allows room for the muffins to rise without overflowing.

Step 8

Bake in the preheated oven for 16 to 18 minutes, or until the muffin tops turn golden brown and a toothpick inserted into the center of a muffin comes out clean or with just a few moist crumbs. Transfer the muffins to a wire cooling rack and allow them to cool for at least 10 minutes before serving. Store leftovers in an airtight container for up to 3 days, or freeze for up to 3 months.