

LOW FAT BLUEBERRY MUFFINS



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Ingredients

Yields: 24

- 1 c unsweetened applesauce
- 2 c 100% whole wheat pastry flour or combine 1 cup white and 1 cup sifted whole wheat flour
- 1/2 c sugar (preferably organic cane)
- 1 tsp baking soda
- 1/2 tsp salt (preferably sea salt)
- 1 1/2 c fresh or frozen blueberries (about 6.5 oz)
- 1 large egg, beaten
- 1 tsp vanilla
- 2 tbsp melted smart balance butter
- For added nutrition you can sprinkle in some flaxseed mill

Directions

1. Preheat oven to 325°.
2. Combine flour, sugar, baking soda, and salt in a large bowl. Mix well.
3. In a medium bowl, mix eggs, melted butter, vanilla and applesauce. Add to the flour mixture and stir until just blended. Gently fold in blueberries.
4. Pour batter into 12 lined muffin tins and bake at 325° for 25 minutes, or until a toothpick inserted in the center comes out clean. Cool for about 10 minutes.

Nutritional Information

| Serving: | Calories | Fat | Protein | Carbohydrates | Sodium |
|----------|----------|-------|---------|---------------|--------|
| 1 muffin | 133 | 1.3 g | 2.7 g | 28.5 g | 218 mg |

Carbohydrate Exchange: 2