

Heart Month | Heart Healthy Recipe

Blueberry Muffins



~	cooking spray
2 ¾ cups	all-purpose flour
2 tsp	baking powder
1 tsp	baking soda
1/4 tsp	ground nutmeg
1/8 tsp	salt
1 tsp	stevia sweetener (or 2 stevia sweetener packets)
1/2 cup	corn oil (or 1/2 cup canola oil)
1 tsp	vanilla extract
1	large egg
1 cup	fat-free, plain yogurt
1 cup	blueberries (fresh, or, frozen)

Yield: 12 servings

Preheat the oven to 350°F. Lightly spray a 12-cup muffin pan with cooking spray. In a large bowl, sift the flour, baking powder, baking soda, nutmeg, and salt. In a separate large bowl, whisk together the stevia sweetener, oil, vanilla, egg, and yogurt. Add the dry ingredients. Stir together until the mixture is just moistened but no flour is visible. Gently fold in the blueberries, reserving 24 to 36 blueberries to garnish the tops. Spoon the batter into the muffin cups. Using the reserved blueberries, sprinkle 2 or 3 berries on top of each muffin. Bake for 25 to 30 minutes, or until a wooden toothpick inserted into the center comes out clean. Transfer the pan to a cooling rack. Let cool completely.

Nutrient info (per serving): 212 Calories, 5g Protein, 1g Fiber