

BLUEBERRY MUFFINS

Makes 24 Mini Muffins

INGREDIENTS:

- 1 cup all-purpose flour
- 1/3 cup whole wheat flour
- 1/3 cup cornmeal
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 2 large eggs, beaten
- 1/2 cup brown sugar
- 1/3 cup canola oil
- 1/2 cup 1% low-fat milk
- 2 tablespoons lemon juice (juice of half a lemon)
- 1 teaspoon lemon zest (zest of half a lemon)
- 1 teaspoon vanilla extract
- 1 cup frozen or fresh wild blueberries

DIRECTIONS:

1. Preheat the oven to 350°F. Lightly oil or coat 24 mini muffin cups with nonstick cooking spray and set aside.
2. Whisk together the all-purpose flour, whole wheat flour, cornmeal, baking powder, baking soda, salt, and cinnamon in a large bowl.
3. In a separate bowl, whisk together the eggs, brown sugar, and canola oil until well blended. Whisk in the milk, lemon juice, lemon zest, and vanilla. Pour the liquid ingredients over the dry ingredients and stir until just moistened. Gently stir in the blueberries.
4. Spoon the batter into the prepared muffin cups. Bake 15 to 17 minutes, or until the muffins are golden and a toothpick inserted in the center comes out clean. Transfer the pan to a wire rack and cool for 5 minutes. Remove the muffins and cool an additional 5 minutes before serving. When making 12 full-size muffins, bake for 20 to 23 minutes.

Nutrition Information per Serving (2 mini muffins):

170 calories, 7g fat (0.5g saturated, 0.6g omega-3), 190mg sodium, 24g carbohydrate, 1g fiber, 3g protein

Recipe created by Liz Weiss, MS, RD, co-author, No Whine with Dinner: 150 Healthy, Kid-Tested Recipes from The Meal Makeover Moms. ©MealMakeoverMoms.com

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