

Whole Wheat Blueberry Muffins



Makes 12 muffins

Ingredients

1 cup all-purpose flour
1 cup whole wheat flour
2 cups fresh or frozen blueberries
1 tbsp baking powder
1/4 tsp salt
1/3 cup softened butter
1/2 cup brown sugar
1/2 cup unsweetened apple sauce
3 egg whites
1/2 cup 1% or skim milk
1 tsp vanilla



Directions

Pre-heat oven to 375 degrees. Spray muffin tins with non-stick spray or insert muffin liners. Sprinkle a tablespoon of flour over the blueberries and toss to ensure they are coated with the flour.

Place all-purpose and whole wheat flour in a bowl and mix together. Add baking powder and salt and stir well.

In a separate bowl place softened butter and brown sugar. Mix together until smooth.

Add in apple sauce and mix together. Then beat in the egg whites.

Stir in the milk and vanilla.

Stir in the flour mixture

Add blueberries and mix in carefully so as not to break the blueberries.

Spoon into muffin cups. Bake for 25 minutes or until lightly browned on top.

Adapted from Recipe developed by Kathryn Moore and Roxanne Wyss for the Kansas City Star.

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