



July 6- Blueberry Muffins

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=627527>

Recipe

Ingredients:

- 1 cup flour
- 1 cup oats
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ½ cup unsweetened applesauce
- 2 egg whites
- ½ cup sugar
- ½ cup water
- 1 cup blueberries, frozen

Directions:

1. Spray a 12 cup muffin tin and preheat oven to 350 °F.
2. Mix flour, oats, soda, cinnamon and salt together.
3. Add applesauce, sugar, egg whites, and water. Mix until well blended.
4. Add in blueberries.
5. Bake at 400°F for 20-25 minutes or until tops have lightly browned.

Yield 12 servings

Nutrition Facts

Serving Size 1 muffin (76.96g)
Servings Per Container 12

Amount Per Serving

Calories 150 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 210mg **9%**

Total Carbohydrate 30g **10%**

Dietary Fiber 3g **12%**

Sugars 13g

Protein 4g **8%**

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.