July 6 - Blueberry Muffins
Smart Snack

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