



Whole Wheat Blueberry Muffins

Makes 12 muffins

- 1 cup whole wheat flour
- $\frac{3}{4}$ cup white flour
- $\frac{1}{2}$ cup firmly packed brown sugar
- 1 Tablespoon plus 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon allspice (or nutmeg)
- $\frac{1}{2}$ teaspoon salt
- 1 cup low-fat buttermilk
- 2 Tablespoons canola oil
- 2 Tablespoons unsweetened applesauce
- 1 egg, lightly beaten (or $\frac{1}{4}$ cup egg substitute)
- 1 cup fresh or frozen blueberries (unthawed if using frozen)

- Preheat oven to 400° F. Spray muffin tins with cooking spray.
- In a large bowl, combine flours, brown sugar, baking powder, spices and salt.
- In another bowl, whisk together buttermilk, oil, applesauce and egg. Make a well in center of dry ingredients. Pour in buttermilk mixture, stirring until combined. Stir in blueberries.
- Spoon batter evenly into muffin cups. Bake 20-25 minutes until tops are golden. Cool on wire rack. Enjoy warm.

Nutritional information per muffin:

Calories: 112

Fat: 3g

Saturated fat: <1g

Carbohydrates: 19g

Fiber: 2g

Protein: 2g