

# Crazy Healthy Blueberry Fiber Muffins

## Ingredients:

- 1 bag (1/2 box) Fiber 1 cereal (made with whole grains)
- 1 cup soy flour
- 1 cup oat flour (this is a whole grain)
- 1/3 cup whole wheat flour (this is a whole grain)
- 6 egg whites
- 1 pint fresh blueberries (may substitute frozen)
- 2 - 6 oz. Dannon Light-n-Fit blueberry yogurt
- 1 cup Splenda for baking
- 1/3 cup sugar
- 1 cup canned pumpkin (not pie filling)
- 4 teaspoons vanilla
- 4 teaspoons cinnamon
- 1 Tablespoon baking soda
- ½ teaspoon fresh nutmeg
- ½ teaspoon salt



Preheat oven to 425°.

Combine all ingredients except blueberries in mixing bowl or electric mixer on low to medium until well blended. Add blueberries and mix just until incorporated. Spoon into 18 muffin tins sprayed with Pam. Bake at 425° for 18 – 22 minutes until browned and firm.

## Approximate Nutrition Facts:

Serving Size: 1 muffin

Servings per recipe: 18

Calories	116	Sugars	7g	Niacin	10%
Total Fat	2g	Protein	6g	Vitamin B <sub>6</sub>	10%
Saturated Fat	0	Vitamin A	35%	Folic Acid	10%
Trans Fat	0	Vitamin C	8%	Vitamin B <sub>12</sub>	12%
Cholesterol	0	Calcium	9%	Phosphorus	9%
Sodium	207mg	Iron	15%	Magnesium	11%
Potassium	139mg	Vitamin D	2%	Zinc	10%
Total Carbs	21g	Thiamin	12%	Iodine	5%
Dietary Fiber	8g	Riboflavin	13%		

(Recipe adapted from *Eat Big Lose Weight* podcast)