

Blueberry Thrill Muffins

from hungrygirl.com

1 cup whole-wheat flour
1 cup blueberries
1/2 cup light vanilla soymilk
1/4 cup sugar-free pancake syrup
1/4 cup fat-free liquid egg substitute
1/4 cup Splenda®
3 tbsp. brown sugar (not packed)
2 tbsp. light whipped butter or light buttery spread, room temperature
2 tbsp. no-sugar-added applesauce (get Mott's Blueberry Delight if you can find it!)
1 1/2 tsp. baking powder
1/2 tsp. vanilla extract
1/4 tsp. salt

Preheat oven to 400 degrees. In a mixing bowl, combine flour, Splenda, brown sugar, baking powder, and salt. Mix well. In a separate, large mixing bowl, combine soymilk, syrup, egg substitute, butter, applesauce, and vanilla extract. Using an electric mixer or a whisk, mix until thoroughly blended. (Don't worry if butter bits do not break up completely.) Add dry ingredients from the first mixing bowl to the mixture in the large one. Mix until completely blended. Then fold in the blueberries.

Line a 6-cup muffin pan (or half a 12-cup pan) with baking liners and/or spray with nonstick spray. Evenly distribute batter among the 6 cups. Place in the oven and bake for about 22 minutes, until a toothpick inserted into the center of a muffin comes out clean. Enjoy! Makes 6 servings.

Nutrition information per serving: 137 calories, 4 grams protein, 2 grams fat, 27 grams carbohydrate, 269 mg sodium.