

Low Fat Vegan Blueberry Muffins

Perfect for breakfast or as a snack.



Try this low-fat version of a delicious breakfast favorite containing blueberries, which are packed with antioxidants and vitamin C.

Ingredients (Makes 12 large or 24 small muffins.)

- ¼ cup olive oil (see note)
- ¾ cup unsweetened applesauce
- 1 cup soy milk
- 6 tablespoons maple syrup
- 1 ½ tablespoons vanilla extract
- 3 cups flour
- 2 teaspoons salt
- 1 ½ tablespoons baking powder
- 2 cups fresh or frozen thawed and drained blueberries

Directions

Combine oil, applesauce, soy milk, maple syrup and vanilla extract in a large bowl. Combine flour, salt and baking powder in a second large bowl. Sift or stir well to mix dry ingredients. Pour liquids into flour mixture. Stir to form a batter; don't beat.

Fold in blueberries. Spray muffin tin with nonstick cooking spray. Bake muffins in a preheated 350-degree oven. Small muffins bake in about 20 to 25 minutes; large muffins in 30 to 35 minutes. Remove from oven. Cool muffins in tins for 2 minutes, then turn out onto wire rack to cool completely.

Nutritional information Per large muffin (Halve the numbers for small muffins.)

Calories 185

Fat 5.3 g

Cholesterol 193.5 mg

Sodium 358.6 mg

Carbohydrates 30.5 g

Fiber 2 g

Protein 3.7 g

For more recipes visit genesishcs.org



Genesis
HEALTHCARE SYSTEM

Better Begins Here.

Spirit of
Women[®]