

Blueberry Muffins

Blueberry Muffins



Makes 12 muffins, serving size 1 muffin

Blue – 3 points for 1 muffin, 6 points for 2 muffins

Purple – 3 points for 1 muffin, 6 points for 2 muffins

Green – 3 points for 1 muffin, 6 points for 2 muffins

- 2 cups all purpose flour
- 1 tsp baking soda
- 1 tsp lemon zest (don't leave this out – give great flavor!)
- 3/4 cup unsweetened applesauce
- 1/4 cup light butter, melted
- 1 cup zero calorie sugar substitute like Lakanto Monkfruit
- 2 large eggs
- 1/2 cup non fat plain Greek yogurt
- 1 cup blueberries

1. Preheat the oven to 375. Spray a regular size muffin tin with non stick spray and set aside
2. Stir together the flour, baking soda and lemon zest in a medium bowl. Set aside
3. Combine the melted butter, applesauce, sugar and eggs in a large bowl. Stir in the Greek yogurt. Stir in all but

1 Tbsp of the flour mixture. Mix until just combined and moistened – do not overmix

4. Place the blueberries in the bowl with the remaining 1 tablespoon of flour and toss to coat.
5. Fold the flour dusted blueberries into the batter.
6. Spoon the batter into the prepared muffin tins almost to the brim.
7. Bake until the muffins are golden brown and a toothpick inserted in the center comes out clean, 20 to 25 minutes. Cool the muffins in the tin for 5 minutes, then take them out (may need to run a thin knife around the edge) and let them cool on a rack, eat them warm!