Blueberry Muffins

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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!