



Banana Blueberry Flax Muffins

INGREDIENTS:

1 ½ cup	Flour
1 cup	Flax seed ground
1 cup	Sugar
1 teaspoon	Salt
1 ¼ teaspoon	Baking Soda
1 ¼ teaspoon	Baking Powder
2/3 cup	Skim milk
½ cup	Non fat plain yogurt
2 Tablespoon	Vegetable oil or canola oil
2/3 cup	Egg beaters or egg whites
1 ½ cup	Mashed ripe bananas
2 cups	Blueberries, fresh or frozen (save for the end)

PREPARATION:

- Preheat oven to 350°F.
- In mixer bowl, add all dry ingredients.
- In separate bowl, mix all wet ingredients. Then add to mixer bowl and mix for about 2 minutes until well incorporated
- Make sure to scrape the sides of the bowl to make sure all ingredients are incorporated.
- Pre grease muffin tins with pan spray. Place blueberries in each muffin tin, about 8 blueberries each.
- Then portion ¼ cup scoop over the blueberries.
- Bake in oven for about 15- 20 minutes. Just until lightly browned.

****Chef's note:** *If you have a dark muffin pan, be sure to reduce your heat to 325 degrees. This is a great metabo meal or just great for your breakfast. Make sure to portion control each muffin and freeze any extra that you don't need.*

Number of servings:	18
Serving size:	1 muffin
Calories per serving:	60
Fat grams per serving:	1

