



Blueberry Muffins

INGREDIENTS:

1 ½ cups	All purpose flour
1 cup	Whole wheat flour
½ cup	Ground flax seeds
1 Tbsp	Baking powder
½ tsp	Baking soda
½ Tbsp	Salt
3 oz.	Unsalted butter
¼ cup	Apple butter
1 cup	Sugar
½ Tbsp	Pure vanilla extract
2 each	Whole eggs
¾ cup	Plain fat-free yogurt
2 cups	Fresh blueberries

PREPARATION:

- Pre-heat oven to 350°.
- Combine both flours, seeds, baking powder, baking soda, and salt in a bowl; set aside
- In a mixer, mix unsalted butter, apple butter and sugar until creamy.
- Add the vanilla extract.
- Add one egg at a time.
- Add the dry mixture, alternating with the yogurt; mix until combined.
- Fold in the blueberries.
- Use a ¼ cup scoop to fill muffin cups.
- Bake for 15 minutes.

Number of servings:	24
Serving Size:	1 muffin
Calories:	130
Fat Grams:	4.5

