Blueberry Muffins
Makes 12 muffins

Ingredients:

1 cup whole wheat flour
1 cup all-purpose flour
1/3 cup granulated sugar
2 teaspoons baking powder
1 teaspoon cinnamon
1 cup low fat (1%) milk
1/4 cup canola oil
3 egg whites
1 cup blueberries fresh or frozen, thawed and drained

Directions:

1. Preheat oven to 400 degrees.
2. In a medium bowl, combine flour, sugar, baking powder and cinnamon.
3. In a small bowl, beat milk, oil and egg whites; stir into dry ingredients just to moisten.
4. Fold in blueberries and spoon batter into 12 well-greased or paper-lined muffin cups.
5. Bake for 20 to 25 minutes or until golden brown. Serve immediately.

Source: Adapted from Eat Smart New York! Recipe Book submitted by Cayuga County Cornell Cooperative Extension