



WHOLE-GRAIN BLUEBERRY PANCAKE MUFFINS

ingredients:

Vegetable oil cooking spray
1/2 cup whole wheat flour
1/2 cup all-purpose flour
2 teaspoons baking powder
1/4 teaspoon salt
2/3 cup fat-free milk

2 large eggs
1/4 cup real maple syrup
1 teaspoon vanilla extract
2 Tablespoons canola oil
1 cup fresh or frozen blueberries

directions:

1. Preheat oven to 425°F. Spray muffin tin with vegetable oil cooking spray.
2. Mix flour, baking powder and salt together in a medium bowl.
3. In a separate bowl, whisk together milk, eggs, syrup, vanilla and oil.
4. Add the milk mixture to the dry ingredients and stir with a whisk until small lumps remain (do not over-mix). Fold in blueberries.
5. Fill each muffin tin with about 1/4 cup of batter per muffin. Bake until lightly golden, about 15 minutes.
6. Cool for a few minutes, then run a knife around the edges of the muffins to release.

Yield: 12 muffins

Nutrition Information Per Serving:

Calories: 98
Fat: 3 grams
Saturated fat: 0.5 grams
Cholesterol: 36 mg
Sodium: 67 mg
Carbohydrates: 15 grams
Fiber: 1 grams
Protein: 3 grams

Food exchanges:
1 starch, 1 fat

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