



**OPTIMUM**  
WELLNESS CENTERS



## Blueberry Muffins

Recipe courtesy of The American Heart Association



**Servings:** 12

**Serving Size:** 1 muffin

### Ingredients

- Cooking spray
- 2 ¾ cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ¼ teaspoon ground nutmeg
- ⅛ teaspoon salt
- 1 teaspoon Stevia sweetener -OR- 2 sweetener packets
- ½ cup corn oil -OR- canola oil
- 1 teaspoon vanilla extract
- 1 large egg
- 1 cup fat-free, plain yogurt
- 1 cup blueberries, fresh or frozen

### Nutrition Facts | 212 Calories Per Serving

Total Fat . . . . .	10.0 g
Saturated Fat . . . . .	1.0 g
Trans Fat . . . . .	0.0 g
Polyunsaturated Fat . . . . .	0.3 g
Monounsaturated Fat . . . . .	6.0 g
Cholesterol . . . . .	16 mg
Sodium . . . . .	218 mg
Total Carbohydrate . . . . .	25 g
Dietary Fiber . . . . .	1 g
Sugars . . . . .	3 g
Added Sugars. . . . .	0 g
Protein . . . . .	5 g

### Dietary Exchanges

1 ½ starch, 2 fat



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### Directions

- 1 Preheat oven to 350°F. Lightly spray a 12-cup muffin pan with cooking spray.
- 2 In a large bowl, sift the flour, baking powder, baking soda, nutmeg, and salt.
- 3 In a separate large bowl, whisk together the Stevia sweetener, oil, vanilla, egg, and yogurt. Add the dry ingredients. Stir together until the mixture is just moistened but no flour is visible.
- 4 Gently fold in the blueberries, reserving 24 to 36 blueberries to garnish the tops.
- 5 Spoon the batter into the muffin cups. Using the reserved blueberries, sprinkle 2 or 3 berries on top of each muffin.
- 6 Baker for 25 to 30 minutes, or until a wooden toothpick inserted into the center comes out clean.
- 7 Transfer the pan to a cooling rack. Let cool completely.

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