

Blueberry Spice Muffins

Makes 12 Muffins

Difficulty level- moderate Price- moderate

INGREDIENTS:

- ✓ 2 cups + 1 tablespoon whole-wheat flour, divided
- ✓ 1/2 cup + 5 teaspoons sugar, divided
- ✓ 1/4 cup Splenda
- ✓ 1 tablespoon baking powder
- ✓ 1/4 teaspoon salt
- ✓ 1/8 teaspoon ground cloves
- ✓ 1/8 teaspoon ground nutmeg
- ✓ 1 1/2 cups fresh or thawed blueberries
- ✓ 1/3 cup canola oil
- ✓ 8 ounces fat-free cream cheese
- ✓ 1/2 cup soy milk with DHA
- ✓ 2 eggs
- ✓ 1 teaspoon vanilla extract



DIRECTIONS:

- Heat oven to 425 degrees F. Coat 12-cup muffin pan with cooking spray.
- In a large bowl, thoroughly mix 2 cups flour, 1/2 cup sugar, Splenda, baking powder, salt, cinnamon, cloves and nutmeg. Set aside.
- In a small bowl, toss blueberries with 1 tablespoon flour. Set aside.
- In a medium bowl, blend oil and cream cheese with an electric mixer until creamed. Add soy milk, eggs, and vanilla slowly, and blend until thoroughly creamed. Add to flour mixture and stir just until moistened. Gently mix in blueberries.
- Spoon batter evenly into muffin cups. Sprinkle with remaining sugar. Bake until muffins spring back, or approximately 15 minutes. Remove from pan and cool on wire rack.

Eat Your Way to Happiness by Elizabeth Somer: pages 235-236