

Yogurt Blueberry Muffins

Heart Health

Items Needed: hand mixer or hand mixer,

Makes: 12 muffins

Ingredients:

- ½ cup of butter (1 stick)
- 1 cup of sugar
- 2 eggs
- 2 cups of all purpose flour
- ½ tsp baking powder
- ½ tsp baking soda
- 1 ½ cup nonfat greek yogurt
- 1 tsp vanilla
- Raw sugar (optional for sprinkling)
- 1 cup rinsed blueberries

Directions:

1. Preheat oven to 350 degrees
2. In the bottom of a stand mixer with a paddle attachment or with a hand mixer, cream together your butter and sugar.
3. Add eggs, once completely combined, add yogurt, vanilla and a pinch of salt.
4. Mix until well combined. Add baking soda and baking powder and flour at one time, mix until just combined (do not overmix).
5. Mix in your blueberries with a spatula and portion into baking cups or greased baking tins.
6. Sprinkle with a light sanding of raw sugar and bake for 15-20 minutes rotating half way through.
7. Let cool for 10 minutes and enjoy!



Nutrition Information (per 1 muffin):

Calories: 254 Fat: 9.1 g Carbs: 35.5 g Protein: 8.7 g Fiber: 0.7 g Sodium: 176.1 mg

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