

## BlueBerry Yogurt Bran Muffin

-one muffin = 2 units carbs

-I always double this recipe-

### Ingredients:

1 cup Fiber One cereal  
2 egg whites OR 1/4 cup Liquid Egg Replacement  
1/4 cup Canola Oil  
2 6 oz. containers Dannon Fit -n- Light Vanilla  
-or same brand Blueberry yogurt  
3/4 cup All-purpose Flour  
3/4 Whole Wheat Flour  
2 1/2 Tbsp. Splenda Brown Sugar  
1 1/4 tsp. Baking Soda  
1/2 tsp. Salt  
1/2 cup Fresh Blueberries  
Canola Oil Cooking Spray

Pre Heat Oven to 400°

### Directions:

Step 1: Line muffin tins with paper or Spray tins; set aside.

Step 2: Put cereal in a freezer type zipie bag and crush well.

Step 3: In a medium bowl, stir together egg, oil & yogurts.

Stir in cereal and remaining ingredients, EXCEPT berries, until just moistened. Do not over-mix.

Step 4: Gently fold in berries. Divide the batter into the prepared muffin tins; filling 3/4 full. Bake 18 - 20 minutes or until golden brown. Immediately remove from tins onto a wire rack to cool.