



American Heart Association.

MOVE MORE FOR WHOLE BODY HEALTH

Move more, with more intensity, and sit less.

Aim for 150+ minutes each week of moderate-intensity aerobic activity.



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VISIT HEALTHY FOR GOOD

March

NewYork-
Presbyterian

WITH WORLD-CLASS DOCTORS FROM
COLUMBIA Well Cornell
Medicine



Blueberry Muffin

SERVES 12 / SERVING SIZE 1 MUFFIN

Ingredients

- Cooking spray
- 2 3/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon salt
- 1 teaspoon stevia sweetener **OR** 2 stevia sweetener packets
- 1/2 cup corn oil **OR** 1/2 cup canola oil
- 1 teaspoon vanilla extract
- 1 large egg
- 1 cup fat-free, plain yogurt
- 1 cup blueberries (fresh or frozen)

Directions

Preheat the oven to 350°F. Lightly spray a 12-cup muffin pan with cooking spray.

In a large bowl, sift the flour, baking powder, baking soda, nutmeg and salt.

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. Gently fold in the blueberries, reserving 24 to 36 blueberries to garnish the tops.

Spoon the batter into the muffin cups. Using the reserved blueberries, sprinkle 2 or 3 berries on top of each muffin.

Bake for 25 to 30 minutes, or until a wooden toothpick inserted into the center comes out clean.

Transfer the pan to a cooling rack. Let cool completely.

Nutritional Facts

Calories	212	Cholesterol	16 mg
Total Fat	10 g	Sodium	218 mg
Saturated Fat	1.0 g	Total Carbohydrate	25 g
Trans Fat	0.0 g	Dietary Fiber	1 g
Polyunsaturated Fat	0.3 g	Sugars	3 g
Monounsaturated Fat	6.0 g	Protein	5 g

Dietary Exchanges: 1 1/2 starch, 2 fat