

# **STRAWBERRY-BLUEBERRY MUFFINS**

American Institute for Cancer Research

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## **Ingredients**

- Canola oil spray
- 3 Tbsp canola oil
- 1/3 cup unsweetened applesauce
- 1/2 cup sugar
- 2 eggs
- 1 tsp vanilla
- 1 cup fresh blueberries
- 1 cup chopped fresh strawberries
- 1 cup whole-wheat flour
- 1 cup unbleached all-purpose flour
- 2 tsp. baking powder
- 1/4 tsp salt
- 1/2 cup fat-free milk

## **Instructions**

1. Preheat oven to 375 degrees. Spray 12-cup muffin tin with canola oil and set aside.
2. In medium bowl, whisk together oil, applesauce, sugar and eggs. Add vanilla, blueberries and strawberries.
3. In separate bowl, blend together flours, baking powder and salt.
4. Fold in half flour mixture, then half milk.
5. Add remaining flour and milk, folding in just until blended.
6. Scoop batter into prepared tins.
7. Bake 25-30 minutes or until golden brown and inserted toothpick comes out dry.
8. Allow muffins to cool for 20 minutes before removing from pan.

Makes 12 muffins. Serving size: 1 muffin

## **Nutritional information per serving (1 muffin)**

Calories: 165

Total fat: 5g

Saturated fat: Less than 1g

Sodium: 133mg

Total carbohydrate: 28g

Dietary fiber: 2g

Protein: 4g



**Wellness Center**