



Banana Berry Yogurt Muffins

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Introduction:

There's not much better than a wild blueberry in summer except a muffin filled with them! Their subtle sweetness and tart pop makes these muffins an instant favorite. Not to mention the health benefits: high in protein, fiber, omega-3s and antioxidants. So eat guilt-free as you take a bite of this. Simply combine 1 cup white flour, 1 cup whole wheat flour, 1/3 cup ground flax, 1/2 cup sugar, 1 tbsp cinnamon, 1 tsp baking powder and 1/2 tsp salt in a bowl. In a second bowl, combine the wet ingredients: 1 8 oz cup nonfat Greek yogurt (raspberry flavored), 2 ripe bananas (peeled and mashed), 1/4 cup canola oil, 1 beaten egg and 3 tbsp skim milk (preferably Skim Plus for an extra shot of calcium and vitamin D). Pour wet ingredients into dry and mix until just combined. Fold in 1/2 pint of blueberries then pour into muffin tins and bake at 350 for about 15 minutes. Enjoy! Article and photo(s) copyright of Michelle Cimino.

Preparation:

Image (optional):

