

Blueberry Banana Muffins

½ cup banana, mashed
½ cup milk
1 tablespoon vegetable oil
1 egg
½ teaspoon vanilla
2 cups baking mix
¼ cup sugar
½ teaspoon ground cinnamon
½ cup frozen blueberries, thawed and drained

Preheat oven to 400 degrees. Grease bottoms of 12 medium muffin cups.

Beat banana, milk, oil, egg and vanilla slightly in medium bowl. Stir in baking mix, sugar, and cinnamon just until moistened. Fold in blueberries.

Fill muffin cups ¾ full. Bake 20 minutes or until golden brown. Yields 12 servings. One muffin is a serving.

Nutritional information

Calories: 150
Total fat: 5 grams
Sodium: 225 mg
Protein: 2.5 grams

Healthier options

Use Heart Healthy Bisquick instead of regular Bisquick
Add 1 tablespoon flax seed to mixture
Substitute apple sauce for oil

Other options

Use fresh blueberries
Substitute dried cranberries for blueberries
Add the zest of an orange
Add ½ cup walnuts or pecans

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