

# Bountiful Blueberry Bran Muffins

Blueberries add flavor and color to fiber-rich muffins. Ingredients, such as flaxseed, whole wheat flour, almond meal, and soy milk complement our favorite berry in healthy formulation.

1/4 cup milled flaxseed  
1/2 cup rice/wheat bran  
1/4 cup almond meal  
1-1/2 cups plain soy milk  
1 large egg  
1/4 cup canola oil  
1 tablespoon lemon zest  
1 teaspoon vanilla  
1 cup whole wheat flour  
2 tsp. baking powder  
2 cups frozen IQF blueberries

## One Muffin:

- Low calorie
- Fiber source
- Antioxidant-rich  
Blueberries
- Real fruit
- Delicious

**PROCEDURE :** In a large mixing bowl, mix together the flaxseed, bran, almond meal, flour and baking powder. In a separate bowl, combine soy milk, egg, oil, lemon zest and vanilla. All at once, add the wet ingredients to the dry and combine just until blended. Gently fold in the blueberries. Deposit batter into prepared muffin tins. Bake about 30 minutes in preheated 375°F oven. Makes 18 muffins.

One Muffin: • 6 g. fat • 11 g. carbohydrate • 4 g. protein • 3 g. fiber • 110 calories

s!