



Blender Blueberry Corn Muffins



1/12th of recipe (1 muffin): 100 calories, 1g total fat (<0.5g sat fat), 224mg sodium, 21g carbs, 2g fiber, 3.5g sugars, 5g protein

Freestyle™ **SmartPoints®** value 2*

Prep: 10 minutes **Cook:** 20 minutes



Tagged: [Breakfast Recipes](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

1 1/2 cups old-fashioned oats
3/4 cup frozen sweet corn kernels, thawed
3/4 cup yellow cornmeal
3/4 cup fat-free vanilla Greek yogurt
3/4 cup (about 6 large) egg whites or fat-free liquid egg substitute
1/3 cup unsweetened vanilla almond milk
3 tbsp. Truvia spoonable no-calorie sweetener (or another natural brand about twice as sweet as sugar)
2 1/4 tsp. baking powder
2 tsp. vanilla extract
1/2 tsp. salt
3/4 cup blueberries, fresh or thawed from frozen

Directions

Preheat oven to 375 degrees. Line a 12-cup muffin pan with foil baking cups, or spray it with nonstick spray.

In a blender, pulse oats to the consistency of coarse flour. Add all remaining ingredients *except* blueberries. Blend until smooth and uniform, stopping and stirring if needed. (Do not over-blend.)

Distribute mixture among the muffin cups, and smooth out the surfaces. Top with blueberries, and lightly press to adhere.

Bake until a toothpick inserted into the center of a muffin comes out clean, 18 - 20 minutes.

MAKES 12 SERVINGS

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.