



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

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



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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

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