

Blueberry Muffins

Summary

Yield	Servings
Source	Wai Lana
Prep time	10 minutes
Cooking time	30 minutes
Total time	40 minutes

Description

These soft muffins are full of plump, juicy blueberries. They also contain lecithin, an important nutrient usually derived from soybeans. Lecithin acts as an emulsifying agent, enabling fats such as cholesterol to be removed from the body, thereby protecting the arteries and vital organs from fatty buildup. It is also known to increase brain function and promote energy. You can take advantage of these tasty muffins to include more lecithin in your diet.

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[Blueberry Muffin](#) m/sites/default/files/recipe/blueberry-muffins_library.jpg

Ingredients

5 Tbsp
Soy lecithin granules
1 1/8 c
Fine raw sugar
3/4 c
Banana, mashed
1/2 c
Plain yogurt, nonfat or whole
3/4 Tbsp
Butter, softened
3/4 c
Milk or plain soymilk, low-fat or whole
1 1/8 c
Unbleached white flour
1 1/2 c
Whole wheat pastry flour
2 tspn
Baking soda
2 tspn
Baking powder

1 3/4 c

Blueberries, fresh or frozen

Instructions

1. Preheat the oven to 375°F. Lightly oil a standard 12-cup muffin tray. Grind the lecithin granules in a coffee grinder or blender to a fine powder. Transfer to a medium bowl.
2. Add the sugar, banana, and yogurt and mix well. Cream the butter and stir into the banana mixture. Add the milk and mix well.
3. Sift the dry ingredients into a separate bowl and whisk lightly to combine. Quickly but gently mix the dry ingredients into the batter until evenly combined.
4. Gently fold in the blueberries. Scoop the batter into the muffin tray, filling each cup evenly to the top. Bake for 10 minutes, then reduce the heat to 350°F and bake for a further 15-20 minutes, or until golden brown. Cool before serving.

Notes

Nutritional Information Per Serving:

Calories: 245, Fat 3.7g (33 cal), Carbohydrate 48.5g (194 cal), Protein 4.5g (18 cal)

Added information: Saturated Fat 1.2g, Cholesterol 5mg, Sodium 315mg, Dietary Fiber 3g

Source URL: <http://www.wailana.com/lifestyle/recipe/blueberry-muffins>