

Blueberry Muffins

Yield 16 servings (1 muffin = 1 serving)

Ingredients:

2 cups whole wheat flour
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
½ cup sugar
¾ cup blueberries
2 large egg whites, lightly beaten
1 (8 oz) carton fat-free yogurt
½ cup unsweetened applesauce
1 tablespoon vegetable oil

<http://www.myrecipes.com/recipe/lemon-blueberry-muffins>

(Modified to make just blueberry muffins with no lemon and also switched white flour to wheat flour)