

Maximum Nutrition and Pleasure for Minimum Calories™

*Quick & Easy
Just Bake
It Happen!®*



Blue Bran VitaMuffin Mix
(Blueberry Muffin Mix)

Ingredients:

1 package of Blue Bran
VitaMuffin Mix

2 egg whites

1 cup water

8-oz tub Philadelphia Fat-Free
Cream Cheese

6 Tbsps. powdered sugar

1 low-fat graham cracker sheet,
crushed (2 squares or 4 rectangles)

VitaRecipes:

BlueBerry Cheesecake VitaMuffins

MAKES ONE DOZEN 2-OZ. VITAMUFFINS

Original VitaMuffin Mix: 100 Calories, 6g Fiber, 0g Fat.

As prepared below: 138 Calories, 6g Fiber, 1g Fat.



Instructions:

Preheat oven to 400 F.

Line a standard 12-cup muffin pan with paper baking cups.

Prepare according to package: In a large mixing bowl, combine VitaMuffin Mix, egg whites and water. Blend well. Set aside.

In a bowl, mix fat-free cream cheese and powdered sugar to thoroughly blend.

Divide muffin batter evenly among the baking cups. Spoon the cream cheese mixture evenly on top of the batter in each cup. Sprinkle the graham cracker crumbs over each muffin. Bake according to package, about 25 minutes, or until firm. Allow muffins to cool, then indulge your cheesecake craving in a lusciously light way!

Tip: Baking VitaTops at home can save you more than 50% - each fresh-baked VitaTop is only \$0.50. This recipe was a finalist on GreenLiteBite.com's VitaMuffin Mix Contest.