

Quick & Easy  
**Just Bake  
 It Happen!**<sup>®</sup>



**Blue Bran VitaMuffin Mix**  
 (Blueberry Muffin Mix)

**Ingredients**

- 1 package of Blue Bran VitaMuffin Mix
- 2 egg whites
- 1 cup water
- 1/2 cup (4 oz. jar) organic carrot baby food
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon vanilla extract
- 1/8 cup finely chopped pecans
- 1 pack (99g) Hunt's<sup>®</sup> fat-free vanilla pudding
- 1 low-fat graham cracker (crushed)
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground allspice
- 1 Tablespoon Smart Balance Light<sup>®</sup>

**VitaRecipes:**

**Carrot Crunch  
 VitaMuffins**

**MAKES ONE DOZEN 2-OZ. VITAMUFFINS**

Original VitaMuffin Mix: 90 Calories, 6g Fiber, 0g Fat.  
 As prepared below: 150 Calories, 5g Fiber, 2.5g Fat.



**Instructions:**

Preheat oven to 400°F. Line standard muffin pan with baking cups (for best results use foil baking cups) or use VitaTop silicone baking pans. Set aside.

In large mixing bowl combine Blue Bran VitaMuffin Mix, water, egg whites, carrot baby food, cinnamon, vanilla extract, pecans, allspice and nutmeg. Then melt the Smart Balance and pour into bowl. Mix well.

Scoop 1-2 tablespoons of VitaMix into baking cups or pan. Bake for about 25 minutes.

Remove from oven and allow thorough cooling.

When cool spread the vanilla pudding on top of each VitaMuffin (just enough to cover it) and lightly sprinkle crushed graham cracker over top. Enjoy!

**Tip:** These are great for children's school or Halloween parties. A healthy option is the best trick of all treats.