

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 walnuts
- 1/2 teaspoon vanilla extract
- 1/8 cup finely chopped walnuts
- 4 oz. fat free cream cheese, softened
- 1/2 teaspoon ground allspice
- 1 teaspoon cinnamon-sugar
- 1/2 tablespoon ground ginger
- 5 oz. thawed COOL WHIP LITE Topping
- 1 Tablespoon Smart Balance Light<sup>®</sup>

**VitaRecipes:**

**Carrot Ginger  
 VitaCupcakes**

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

Original VitaMuffin Mix: 90 Calories, 6g Fiber, 0g Fat.

As prepared below: 144 Calories, 6g Fiber, 2g 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.

Sift blue-berries from the Blue Bran VitaMix. In large mixing bowl combine Blue Bran VitaMix, water, egg whites, carrot baby food, cinnamon, vanilla extract, walnuts, allspice and 'ginger. Then melt the Smart Balance and pour into bowl. Mix well.

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

Remove from oven and allow thorough cooling.

While cooling, beat cream cheese in medium bowl with wire whisk until smooth. Gently stir in whipped topping. Spread over tops of cupcakes. Lightly sprinkle 1 tsp. cinnamon sugar. Enjoy!