

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
- 1/2 cup canned pumpkin
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon-sugar
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon allspice
- 2 Tablespoons Smart Balance Light[®] Buttery Spread

VitaRecipes:

Mini Pumpkin VitaMuffins

MAKES ONE 2 DOZEN 1-OZ. VITAMUFFINS

Original VitaMuffin Mix: 90 Calories, 6g Fiber, 0g Fat.
 As prepared below: 150 Calories, 5g Fiber, 2.5g Fat.
 (2 oz. serving - 2 mini-muffins)



Instructions:

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

In large mixing bowl combine Blue Bran VitaMuffin Mix, water, egg whites, canned pumpkin, cinnamon, vanilla extract, ginger and nutmeg. Then melt the Smart Balance[®] Buttery Spread and pour into bowl. Mix well.

Scoop 1 tablespoon of mix into 24 baking cups or pan. Bake for about 25-25 minutes.

Remove from oven and sprinkle cinnamon-sugar over top of each VitaMuffin and allow thorough cooling. Enjoy!

Tip: Freeze any unused Mini Pumpkin VitaMuffins for a later date.