

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
- 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[®]

VitaRecipes:

Pumpkin Harvest 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 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 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 sprinkle cinnamon-sugar over top of each VitaMuffin and allow thorough cooling. Enjoy!

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