

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

12 fresh or frozen cherries,
raspberries or strawberries

Cool Whip Free[®]

½ cup of mixed Blueberries
& Raspberries for garnish

VitaRecipes:

**Red White & Blue
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 375°F (190°C). Line standard muffin pan with baking cups (for best results use only foil baking cups). Set aside. In large mixing bowl combine Blue Bran VitaMuffin Mix, water and egg whites in large bowl. Add ¼ cup of blueberries. Mix well.

Scoop 1-2 tablespoons of VitaMuffin Mix into baking cups add your “red berry” to the center and cover with remaining spoons of batter. Bake for about 25 minutes.

Allow thorough cooling. Dip muffin, top side down into Cool Whip[®] Free “frosting” and top each frosted cupcake with red and blue berries of your choice. Enjoy!

Tip: Do not frost cupcakes until ready to serve. That way you can freeze any unused, unfrosted cupcakes for later.