

Strawberry-Blueberry Muffins

Ingredients:

- Canola oil spray
- 3 Tbsp. canola oil
- 1/3 cup unsweetened applesauce
- 1/2 cup sugar
- 2 eggs
- 1 tsp. vanilla
- 1 cup fresh blueberries
- 1 cup chopped fresh strawberries
- 1 cup whole-wheat flour
- 1 cup unbleached all-purpose flour
- 2 tsp. baking powder
- 1/4 tsp. salt
- 1/2 cup fat-free milk



Directions:

Preheat oven to 375 degrees. Spray 12-cup muffin tin with canola oil and set aside. In medium bowl, whisk together oil, applesauce, sugar and eggs. Add vanilla, blueberries and strawberries. In separate bowl, blend together flours, baking powder and salt. Fold in half flour mixture, then half milk. Add remaining flour and milk, folding in just until blended. Scoop batter into prepared tins. Bake 25-30 minutes or until golden brown and inserted toothpick comes out dry. Allow muffins to cool for 20 minutes before removing from pan.

Per serving (1 muffin): 165 calories, 5 g total fat (<1 g saturated fat), 28 g carbohydrates, 4 g protein, 2 g dietary fiber, 133 mg sodium.

Recipe from American Institute for Cancer Research