

Blueberry-Banana Muffins

1/2 cup. mashed bananas

1/2 cup. milk

2 tablespoons vegetable oil

1 egg

2 Cups. Bisquick baking mix

1/4 cup. sugar

1/2 teaspoon. ground cinnamon

1/2 cup. thawed and drained blueberries

Preheat oven to 400 degrees. Grease bottoms of 12 medium muffin cups. Beat banana, milk, oil and egg slightly in medium bowl. Stir in baking mix, sugar, and cinnamon just until moistened. Fold in the blueberries.

Fill muffin cups 3/4 full. Bake 20 minutes or until golden brown. Yields 12 servings. One Muffin is a serving.

Healthier options:

Substitute unsweetened applesauce for vegetable oil

Use Heart Healthy Bisquick instead of regular Bisquick

Add 1 tablespoon of flax seed to mixture.

Other Options:

Use fresh blueberries.

Substitute dried cranberries for blueberries

Add the zest of an orange

Add 1/2 teaspoon of vanilla flavoring

Add 1/4 cup. of walnuts or pecans

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County: Polk

Category: Junior - Breads and Cereals