

## **Blueberry Banana Muffins**

½ cup banana, mashed  
½ cup milk  
1 tablespoon vegetable oil  
1 egg  
½ teaspoon vanilla  
2 cups baking mix  
¼ cup sugar  
½ teaspoon ground cinnamon  
½ cup frozen blueberries, thawed and drained

Preheat oven to 400 degrees. Grease bottoms of 12 medium muffin cups.

Beat banana, milk, oil, egg and vanilla slightly in medium bowl. Stir in baking mix, sugar, and cinnamon just until moistened. Fold in blueberries.

Fill muffin cups ¾ full. Bake 20 minutes or until golden brown. Yields 12 servings. One muffin is a serving.

### **Nutritional information**

Calories: 150  
Total fat: 5 grams  
Sodium: 225 mg  
Protein: 2.5 grams

### **Healthier options**

Use Heart Healthy Bisquick instead of regular Bisquick  
Add 1 tablespoon flax seed to mixture  
Substitute apple sauce for oil

### **Other options**

Use fresh blueberries  
Substitute dried cranberries for blueberries  
Add the zest of an orange  
Add ½ cup walnuts or pecans

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