Breakfast

Golden Blueberry Corn Muffins

Tender corn muffins bursting with juicy blueberries, brightened with lemon juice and finished with a sweet sprinkle on top.

42 min	140	26 g	6 g
time	calories	carbs	sugars



Freezer safe

Ingredients, 12 servings

- [ ] 1 spray, 0.25g nonstick cooking spray
- [ ] 1 package gluten-free cornbread mix (20-ounce (Bob's Red Mill used))
- [ ] 1 3/4 cup low-fat buttermilk (low-fat)
- [ ] 1/4 cup canola oil
- [ ] 1 large eggs
- [ ] 2 large egg whites
- [ ] 1/2 med lemon (juiced)
- [ ] 1/4 cup low- or no-calorie sweetener (plus 1 tbsp. (divided))
- [ ] 1/2 tsp vanilla extract
- [ ] 1 1/2 cup blueberries

Method

- [ ] **1** Preheat the oven to 375 degrees. Line muffin tins with 22 paper liners and mist the papers with nonstick cooking spray.
- [ ] **2** In a large bowl, combine the gluten-free cornbread mix, buttermilk, canola oil, egg, egg whites, lemon juice, vanilla extract and 1/4 cup of the low- or no-calorie sweetener. Beat with an electric mixer on low speed until blended, then on high speed for 30 seconds.
- [ ] **3** Gently fold the blueberries into the batter.
- [ ] **4** Spoon about 1/4 cup of batter, or a little less, into each muffin cup. Sprinkle the remaining 1 Tbsp of low- or no-calorie sweetener evenly over the tops.
- [ ] **5** Bake for 22 minutes, until lightly browned on top. Transfer the muffins to a wire rack to cool.

Nutrition Facts

Per serving

Calories	**140**
Total fat	3 g
Saturated fat	0 g
Sodium	230 mg
Total carbs	26 g
Fiber	0 g
Total sugars	6 g
Protein	2 g

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