

# Avo-Berry Muffins

## Ingredients:

- 1 medium avocado, mashed
- 1/2 cup sugar or stevia
- 1/2 cup milk
- 2 eggs
- 1 teaspoon vanilla
- 2 cups whole-wheat flour
- 2 teaspoons baking powder
- 1 teaspoon ground ginger
- Dash of salt
- 2 cups blueberries

## Directions

1. Preheat oven to 375°F.
2. Lightly spray a standard 12-cup muffin pan with cooking spray or line it with paper baking cups.
3. In a large bowl, stir together the avocado, sugar, milk, eggs, and vanilla.
4. In a medium bowl, stir together flour, baking powder, ginger, and salt.
5. In 2 – 3 batches, stir flour mixture into the avocado mixture until just combined but no flour is visible; don't overmix.
6. Gently fold in blueberries and spoon batter into muffin cups.
7. Bake for 25 – 30 minutes turning the pan once after 15 minutes of baking time or until a wooden toothpick inserted in center comes out clean and muffins are golden brown.
8. Transfer pan to cooling rack and let stand for 5 minutes before removing muffins from pan.

## Nutrition Facts

Serving Size 1 muffin (85g)  
Servings Per Container 12

Amount Per Serving

**Calories 140**      **Calories from Fat 35**

% Daily Value\*

**Total Fat 3.5g**      **5%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

**Cholesterol 30mg**      **10%**

**Sodium 15mg**      **1%**

**Total Carbohydrate 25g**      **8%**

Dietary Fiber 3g      **12%**

Sugars 7g

**Protein 5g**

Vitamin A 4%      • Vitamin C 4%

Calcium 2%      • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

