

Healthy Blueberry Muffins

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3 medium over-ripe bananas
½ cup buttermilk
2 tablespoons canola oil
2 tablespoons Truvia, or 1/2 cup granulated sugar
1 teaspoon vanilla
½ teaspoon salt
½ teaspoon mace (optional)
1 ¼ cups white whole wheat flour
½ teaspoon baking soda
½ teaspoon baking powder
1 cup fresh blueberries

Preheat oven to 350 degrees. Grease or line 12 muffin cups with paper; set aside. In large bowl, mash bananas, then stir in the buttermilk, oil, Truvia (or sugar), vanilla, salt, and mace. Add flour, baking soda, and baking powder, and stir until moistened but lumpy. Stir in the blueberries. Using an icecream scoop, divide the batter between prepared muffin cups. Bake 15-20 minutes, until done. Cool on wire rack for a few minutes before serving. Cool leftovers completely and store in a Ziploc bag or airtight container.

Makes 12 muffins.

Per muffin: 100 calories; 2.8 g fat; 17 g carbohydrates; 2.3 g fiber; 2.4 g protein; **3 Points Plus**

Made with ½ cup sugar in place of Truvia: 133 calories; 2.8 g fat; 25 g carbohydrates; 2.3 g fiber; 2.4 g protein; **3 Points Plus**