

# Blueberry Munchkin Muffins

Sweet, healthy, fun-to-eat blueberries are ripe for the picking during the summer. Take advantage of the bounty by baking them into mini muffins. They're made with heart-healthy canola oil, whole wheat flour, and a crispy sweet topping. Perfect for a midmorning munch or ready to pack for a bike ride or stroll to the park.

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Makes 24 muffins • Prep time: 20 minutes • Cooking time: 15 to 17 minutes

## TOPPING:

1/4 cup quick-cooking oats  
2 tablespoons wheat germ  
1 tablespoon granulated sugar  
1 tablespoon canola oil  
1/2 teaspoon cinnamon

## BATTER:

Nonstick cooking spray  
3/4 cup all-purpose flour  
3/4 cup whole wheat flour  
1/4 cup quick-cooking oats  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
2 large eggs, beaten  
1 container (6 ounces) low-fat blueberry yogurt  
1/2 cup granulated sugar  
1/4 cup canola oil

1 teaspoon vanilla extract  
1 cup fresh blueberries

1. Preheat oven to 350°F. Lightly coat 24 mini muffin cups with cooking spray. Set aside.
2. For topping: Combine the oats, wheat germ, sugar, canola oil, and cinnamon in a small bowl. Set aside.
3. For batter: Whisk together flours, oats, baking powder, baking soda, and salt. In another bowl, combine eggs, yogurt, sugar, oil, and vanilla. Blend well.
4. Pour the liquid ingredients over the dry ingredients and stir until just moistened. Gently stir in the blueberries.
5. Spoon batter into muffin cups. Sprinkle with the topping; gently

press down with the back of a spoon. Bake 15 to 17 minutes, until golden and a toothpick inserted in center comes out clean. Transfer pan to a wire rack and cool 5 minutes. Remove muffins and cool 5 minutes before serving.

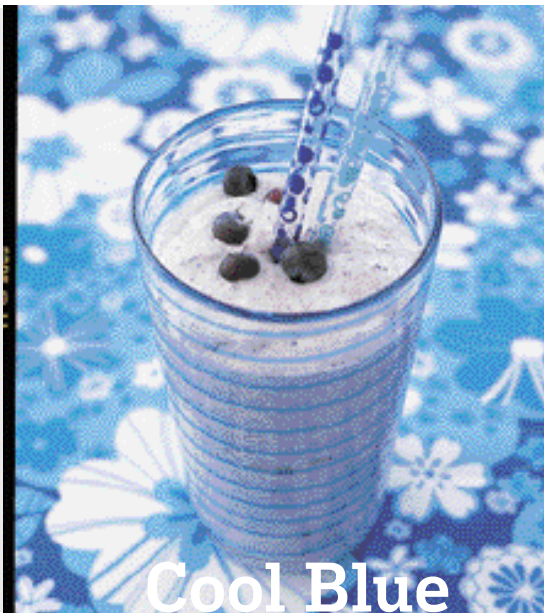
**NUTRITION INFORMATION** (per 2-muffin serving): 90 calories, 7g fat (1g saturated), 10 mg sodium, 28g carbohydrates, 2g fiber, 4g protein

*Janice Newell Bissex and Liz Weiss are registered dietitians and moms. They are the authors of The Moms' Guide to Meal Makeovers and founders of the free Meal Makeover Moms' Club at MealMakeoverMoms.com.*

Photos: (left) Victoria Grantz/ProPics; (right) Karen Shubbaum

These mini muffins are mighty healthy! Blueberries are power-packed with antioxidants

# meal makeover



## Cool Blue

### Blueberry Frosty

SERVES 4

Looking for an easy way to add more fruit to your child's diet, or yours? Look no further than your blender. Each icy-cold frosty is packed with a half cup of blueberries.

2 cups vanilla low-fat frozen yogurt  
2 cups blueberries (1 pint)  
4 ice cubes

Combine the frozen yogurt, blueberries, and ice in a blender. Blend until well combined. Serve in individual glasses with a spoon or straw.

**NUTRITION INFORMATION** (per serving): 140 calories, 1.5g fat (1g saturated), 60mg sodium, 28g carbohydrates, 2g fiber, 5g protein, 15% calcium, 15% vitamin C



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### NUTRITION IQ

## Wild About Blueberries

Whether they're fresh, frozen, canned, or dried, blueberries are packed with disease-fighting antioxidants. In a study comparing the antioxidant activity of more than 40 fruits and vegetables, blueberries were ranked the top banana! Surprisingly, wild blueberries have even more antioxidant power than their bigger, cultivated cousins. Eating blueberries offers protection against urinary-tract infections and decreases the risk of certain cancers (thanks to anthocyanins, the natural substance that gives blueberries their deep-blue color). Research shows they may even reverse the short-term memory loss associated with aging. Now that's something to remember! At 2 grams of fiber, 10 percent of the daily requirement of vitamin C, and just 40 calories in half a cup, they're a powerful addition to any diet.

**Q** My family goes on a lot of picnics in the summer. Should we worry about heat affecting sandwiches and salads made with mayonnaise?

**A** Mayonnaise is often unfairly blamed for food-borne illness. But research shows that commercially prepared mayonnaise can actually protect against bad bacteria. Commercial mayo is made with vinegar and lemon or lime juice, acidic ingredients that can halt the growth of bacteria. Studies show that mayonnaise can even help to slow the spread of salmonella when mixed with ingredients that are contaminated. On the other hand, homemade mayonnaise can be problematic at picnics because it's typically made with raw eggs and tends to be less acidic. (There's also the problem of serving raw eggs in any recipe to kids, who are more vulnerable to salmonella). Remember that bacteria thrive happily between 40°F and 140°F, so be sure to keep any kind of outdoor feast on ice at all times.

## Product Watch: Ice Pop Pointers

Nothing says summer like a frozen fruit pop. But a lot of the treats you'll find in the supermarket freezer case are made with nothing more than water, sweeteners, and a dizzying array of artificial food colors. For the best frozen pops on the market, look for all-natural brands like these, made from fruit and 100% fruit juice. • Breyers All Natural Fruit Bars ([breyers.com](http://breyers.com)) • Tropicana Real Fruit Fruit Bars ([coolbrandsinc.com](http://coolbrandsinc.com)) • Edy's Whole Fruit Fruit Bars ([edys.com](http://edys.com)) • Fruit-a Freeze Fruit Bars ([coolbrandsinc.com](http://coolbrandsinc.com))

