



Let's cook something delish!

Avocado Blueberry Muffins

12 servings
Serving size: 1 muffin

Ingredients

- Cooking spray (optional)
- 1 medium ripe avocado, halved, pitted and mashed with a fork
- ½ c. sugar
- ½ c. fat-free milk
- 2 large eggs
- 1 t. vanilla extract
- 2 c. all-purpose flour
- 2 t. baking powder
- 1 t. ground ginger
- 1/16 t. salt
- 2 c. blueberries

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Directions

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

Find more delicious recipes at [hally.com/category/food-cooking](https://www.hally.com/category/food-cooking). Yum!

Calories: 166, Total fat: 4 g, Saturated fat: 1 g, Cholesterol: 31 mg, Sodium: 97 mg, Total Carbohydrate: 30 g, Fiber: 2 g, Total Sugars: 12 g, Protein: 4 g

Source: www.heart.org

Photo may include foods and ingredients that aren't a part of this recipe or included in the nutrition analysis.