



## Blueberry Streusel Muffins



1 muffin (1/12th of recipe): 184 calories, 3g total fat (0.5g sat. fat), 249mg sodium, 35.5g carbs, 3g fiber, 16.5g sugars, 4.5g protein

**Prep:** 20 minutes    **Cook:** 25 minutes

More: [Breakfast Recipes](#), [Four or More Servings](#)



### Ingredients

#### Streusel

1/4 cup whole-wheat flour  
3 tbsp. old-fashioned oats  
3 tbsp. brown sugar (not packed)  
2 tbsp. [light whipped butter or light buttery spread](#) (like Brummel & Brown)  
1/8 tsp. cinnamon

#### Muffins

1 1/2 cups whole-wheat flour  
1/2 cup all-purpose flour  
2 tsp. baking powder  
1/2 tsp. baking soda  
1/4 tsp. salt  
1 cup no-sugar-added applesauce  
2/3 cup granulated white sugar (or *HG Alternative*)  
1/2 cup egg whites or fat-free liquid egg substitute (like Egg Beaters Original)  
1/4 cup [light whipped butter or light buttery spread](#) (like Brummel & Brown)  
1/4 cup light vanilla soymilk  
1/4 tsp. vanilla extract  
1 cup blueberries (fresh or thawed and drained from frozen)

### Directions

Preheat oven to 350 degrees. Line a 12-cup muffin pan with foil baking cups, or spray it with nonstick spray.

Combine streusel ingredients in a medium bowl. Mix and mash until uniform and crumbly.

To make the muffins, in a large bowl, combine both types of flour, baking powder, baking soda, and salt.

In a medium-large bowl, combine all remaining muffin ingredients *except* blueberries. Whisk until uniform. (Don't worry if the butter doesn't break up completely.) Add mixture to the large bowl, and stir until just mixed and smooth. (Batter will be thick.) Fold in blueberries.

Evenly distribute batter among the cups of the muffin pan (cups will be very full), and smooth out the surfaces. Sprinkle with streusel.

Bake until a toothpick inserted into the center of a muffin comes out clean, 22 - 24 minutes.

MAKES 12 SERVINGS

**HG Alternative:** If made with an equal amount of Splenda No Calorie Sweetener (granulated) in place of the granulated white sugar, each muffin will have 146 calories, 25.5g carbs, and 5.5g sugars (**Freestyle™ SmartPoints®** value 4\*; **SmartPoints®** value 4\*).

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Publish Date: February 10, 2015

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