

VANILLA BLUEBERRY MUFFIN



Recipe developed by Chef Paige Vondran

	Ingredients	Exchanges
Protein	15g fresh whole eggs	1 (-1.0g fat)
	12.4g Bob's Red Mill® almond flour	2.7 (-2.7g fat)
Fat	11.3g butter, softened (in muffin)	3 (-3.7g)
	10g butter (for topping)	2
Carbohydrate	8.5g fresh blueberries, chopped	1.3
Other	1/8 tsp. Da Vinci® sugar free vanilla syrup	
	1/8 tsp. vanilla extract	

DIRECTIONS

- Weigh the ingredients using a gram scale.
- Preheat oven to 350° F.
- In a small bowl, combine the eggs, softened butter, chopped blueberries, vanilla syrup, and vanilla extract.
- Stir thoroughly using a small rubber spatula.
- Add the almond flour and stir until a smooth mixture forms.
- Spray a muffin pan or silicone mold with nonstick cooking spray.
- Evenly scoop the batter into the muffin mold.
- Bake for 15-20 minutes until the muffins become firm and golden in color.
- Allow to cool for 5-10 minutes, then gently remove the muffins from the pan.
- Serve warm topped with the butter.

VARIATIONS

- Alternatively, pumpkin or banana could be used instead of blueberries.
- Soy flour may be substituted for the almond flour.
- When adjusting this recipe to your child's personal meal plan, the amount of butter should not exceed the amount of almond flour.