

# AVOCADO BLUEBERRY MUFFINS

## INGREDIENTS

- Cooking spray (optional)
- 1 medium ripe avocado, halved, pitted, and mashed with a fork
- ½ cup sugar
- ½ cup fat-free milk
- 2 large eggs
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon ground ginger
- ¼ teaspoon salt
- 2 cups blueberries



*Recipe courtesy of American Heart Association*

## 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 to 30 minutes, or until a wooden toothpick inserted in the center comes out clean and 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.