



## BLUEBERRY-YOGURT BRAN MUFFIN

- 1 pkg (14.1 oz) **TSG Classic Cinnamon Bread Mix**
- ½ cup wheat bran
- 2 large eggs
- ¼ tsp nutmeg (optional)  
Grated peel of 2 lemons
- 4 Tbsp butter, melted
- 1 cup low fat Greek-style plain yogurt
- 1 cup fresh or frozen blueberries (do not thaw)

1. Preheat oven to 350°F. Lightly grease a 12-cup muffin pan or line with paper baking cups.\*
2. In a large bowl, use a wire whisk to stir together TSG Cinnamon Bread Mix and wheat bran.
3. In a medium bowl, use the same whisk to beat eggs, nutmeg and lemon peel. Whisk in melted butter and yogurt until smooth.
4. Stir frozen blueberries into dry cinnamon bread and bran mix. Add egg mixture and stir until moistened. Spoon batter evenly into cups.
5. Bake 20 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes then remove muffins to a wire rack to cool.

Makes 12 muffins

\*Note: Although paper baking cups may be used, they are a bit difficult to remove from the muffins for several hours. If you want to eat these warm from the oven, do not use paper baking cups.