

Buttermilk Blueberry Muffins

1 cup flour
1 cup whole wheat flour
1/4 cup brown sugar
1 Tbsp baking powder
1 tsp baking soda
1 Tbsp grated orange peel
1/2 tsp ground cinnamon
1 cup blueberries (I use frozen)
1 cup fat free vanilla yogurt
1 cup low fat buttermilk

Heat oven to 350. In a large bowl combine flours, baking powder, soda, sugar, orange, and cinnamon. Gently fold in blueberries. In a separate bowl combine yogurt and buttermilk. Stir into dry ingredients until well moistened. Spray top of muffin tin with cooking spray. Insert muffin papers into pan. Using a tablespoon, equally divide batter into muffin cups about 2/3 full. Bake 30 minutes or until medium brown on top. Muffins will be browner than when using just regular flour. Remove muffins immediately and cool on wire rack. After cool, place in zip lock bag in refrigerator so paper can peel off easier and muffins won't spoil.

Makes 12 muffins @ 2 Points each