

kizingo® EATS:

Blueberry Avocado Muffins

These muffins make a great snack - especially for kids. Avocados contain both soluble and insoluble fibers that will keep the digestive system running smoothly and they are great for brain function because unsaturated fats keep brain cell membranes flexible.

The muffins are sweet, but not overly sugary and are a healthful weekday “hurry we’re running late for school” breakfast! (Break into smaller pieces for easy finger feeding.)



INGREDIENTS

2 cups organic whole wheat flour
2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
1 ripe organic avocado, seeded and peeled
1/2 cup organic raw sugar
1 egg
1 tsp vanilla extract
1/2 tsp cinnamon
1 cup plain whole fat yogurt
1 pint or 1 1/4 cup organic blueberries
1/2 cup organic raw sugar for topping
[optional]

DIRECTIONS

Heat oven to 375 and spray or line a regular or mini muffin tin.

In a medium bowl combine flour, baking powder, baking soda and salt.

In a large bowl, scoop out avocado, discarding seed, and beat until smooth and creamy. Add sugar and beat well. Beat in egg until completely combined. Add vanilla, yogurt and cinnamon and blend well.

Pour in the flour mixture 1/3 at a time, mixing until just combined. Gently fold in blueberries. Spoon into muffin tin, filling 3/4 way to the top. Sprinkle raw sugar on top of each muffin.

Bake for 15 minutes for mini muffins or 25-30 minutes for regular muffins, or until toothpick comes out clean. Let cool in pan for 5 minutes before transitioning to rack.

Makes 36 mini muffins or 12 regular muffins. Store in air-tight container on counter for 1 week.



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