

# 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.



### INGREDIENTS

- 2 cups whole-wheat flour
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 ripe avocado, seeded + peeled
- 1/2 cup 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 blueberries

*Optional toppings—*

- 1/2 cup raw sugar for topping

### DIRECTIONS

Preheat oven to 375°F and spray or line a regular muffin tin with paper wrappers.

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

In another large bowl, scoop out the avocado 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 the blueberries. Spoon into muffin tin, filling 3/4 of the way to the top. Sprinkle with sugar if using.

Bake for 25-30 minutes or until a toothpick inserted comes out clean. Let cool in pan for 5 minutes before transitioning to cooling rack. Store in an airtight container on counter for 1 week.

### NOTES

Although classified as a vegetable, avocados are technically a fruit. Larger size does not necessarily indicate more flesh. An avocado's seed actually grows with the fruit, so the seed-to-fruit ratio will always be close to the same.



@kizingokids / kizingokids.com

