

## RECIPE CALCULATION

<b>BLUEBERRY YOGURT MUFFINS</b>	<b>CARB</b>
1 cup (250 mL) whole wheat flour	76
1 cup (250 mL) white flour	92
⅓ cup (80 mL) sugar	70
1 tsp (5 mL) baking powder	—
1 tsp (5 mL) baking soda	—
¼ tsp (1 mL) salt	—
¼ cup orange juice*	7
2 Tbsp (30 mL) oil	—
1 tsp (5 mL) vanilla extract	—
1 cup (250 mL) regular vanilla yogurt*	36
1 egg	—
1 cup (250 mL) fresh or frozen blueberries*	15
vegetable cooking spray	—
1 Tbsp (15 mL) sugar	13
<b>TOTAL</b>	<b>309 g</b>

\*Carbohydrates from nutrition label on package or from CDA's *Beyond the Basics*

Combine first 5 ingredients in a large bowl; make a well in centre of mixture. Combine orange juice and next 4 ingredients; stir well. Add to dry ingredients, stirring just until moistened. Gently fold in blueberries. Divide batter evenly among 12 medium or 18 small muffin cups coated with cooking spray; sprinkle 1 Tbsp sugar evenly over muffins. Bake at 400°F for 18 minutes. Remove from pan, let cool on a wire rack.

12 muffins: 309 g carbs ÷ 12 = 26 g carbs per muffin

18 muffins: 309 g carbs ÷ 18 = 17 g carbs per muffin