



Low Fat Ginger Lemon Wild Blueberry Muffins

Ingredients:

6 cups cake flour
2 tbsp baking powder
2 tsp baking soda
1/2 tsp salt
1-1/2 cup egg substitution
2 tbsp lemon zest

1-1/2 cups sugar
1/2 cup canola oil
4 cups blueberries
1/3 cup crystallized ginger
2 cups low fat buttermilk
1/3 cup sugar

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Directions:

In a bowl combine flour, baking powder, baking soda, and salt. In another bowl beat together buttermilk, eggs, sugar, and oil. Stir into flour mixture just to blend. Fold in blueberries, ginger and lemon zest. Scoop 1/4 cup into each greased muffin tin. Sprinkle each muffin with additional sugar. Bake at 400 degrees for 18-22 minutes, or until firm to the touch. Yield 36 muffins.

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