



## **Fruit and Veggie Muffins**

1 cup whole wheat flour  
1 cup all purpose flour  
 $\frac{3}{4}$  teaspoon baking soda  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon nutmeg  
 $\frac{1}{4}$  teaspoon cinnamon  
 $\frac{3}{4}$  cup Splenda or stevia  
4 tablespoons butter, without salt  
2 large eggs  
1 teaspoon vanilla extract  
 $\frac{1}{8}$  cup apple juice, 100%  
 $\frac{1}{4}$  cup applesauce, no-added-sugar  
2 cup fruits and veggies (any combination)  
1 medium carrot, chopped  
 $\frac{1}{4}$  cup plain yogurt

Preheat oven to 375 degrees F. Mix together dry ingredients (flour, baking soda, salt, nutmeg, cinnamon) in a bowl. Set aside. Mix the sweetener, butter, eggs and vanilla in a mixer. Beat well.

Combine fruit and veggies, carrots, apple juice, and applesauce in a food processor and pulse until thoroughly mixed. Stir in yogurt. Add the puree mixture into the butter mixture and beat until mixed. Add dry ingredients and mix until combined. Do not over-mix.

Scoop the mixture into a prepared muffin pan (use liners or spray muffin pans with non-stick spray). Bake for about 20-25 minutes until the tops are slightly brown and a toothpick comes out clean. Makes 24 muffins.

Nutrition information per serving: 78 calories, 0 grams protein, 2 grams fat, 12 grams carbohydrate, 93 mg sodium.

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