

# Better Foods, Great Taste

(NAPSA)—Here's food for thought: there are foods and beverages that can help you eat healthier by lowering the calories and grams of sugars and carbohydrates you consume while satisfying your sweet tooth.

The following is a treat that is lower in sugar and calories, yet tastes good, thanks to SPLENDA® No Calorie Sweetener. It tastes like sugar, because it's made from sugar—and can be used by the whole family, including people with diabetes.

## BLUEBERRY CORN MUFFINS

Makes 10 muffins

Preparation Time: 10 minutes

Bake Time: 20-25 minutes

- 1¾ cup all purpose flour
- ½ cup yellow cornmeal
- 1¼ tsp. baking powder
- ½ baking soda
- ½ tsp. salt
- ¾ cup SPLENDA® Granular
- ½ cup unsalted butter, softened
- ⅓ cup egg substitute
- 2 tsp. vanilla
- 1 cup buttermilk
- 1 cup blueberries (frozen or fresh)

1. Preheat oven to 350°F. Spray a muffin pan with non-stick spray or line muffin cups with paper liners.

2. Blend dry ingredients together in a medium-sized mixing bowl. Set aside.

3. Blend butter in a mixing bowl until light and fluffy. Add egg substitute slowly. Scrape sides and continue to mix until butter forms small lumps. Add vanilla and buttermilk. Mix well. Add dry ingredients in three batches. Mix well and



scrape the sides of the bowl after each addition.

4. Fold blueberries gently into batter. Scoop batter into prepared muffin cups, filling cups to the top. Bake in preheated oven 20-25 minutes or until done.

*Nutrition Information per serving:*  
Total Calories 210; Calories From Fat 90; Total Fat 10g; Saturated Fat 6g Cholesterol 25mg; Sodium 250mg; Total Carbohydrate 26g; Dietary Fiber 2g; Sugars 3g; Protein 5g

*Exchanges Per Serving:*  
1 starch, 2 fat

**Note:** This recipe, when compared to a traditional blueberry muffin, represents a 37 percent reduction in carbohydrates, a 35 percent reduction in calories, a 39 percent reduction in fat and an 84 percent reduction in sugars!

SPLENDA® Brand Sweetener is produced by McNeil Nutritionals, a division of McNeil-PPC, Inc. which markets innovative nutritional products and dietary alternatives.

For additional information or more recipes, visit [www.splenda.com](http://www.splenda.com) or call 1-800-7-SPLENDA.