

# BLUEBERRY MUFFINS

## INGREDIENTS

2 cups flour

$\frac{3}{4}$  cup brown sugar  
(loosely packed)

1  $\frac{1}{2}$  teaspoons cream of tartar

$\frac{3}{4}$  teaspoon baking soda

$\frac{1}{2}$  cup vegetable oil

2 eggs

$\frac{3}{4}$  cup milk

2 cups blueberries,  
fresh or defrosted

## PREPARATION

- 1 Preheat oven to 350°F.
- 2 Grease a muffin tin (or use liners) with 24 mini-muffin compartments.
- 3 In a big bowl, prepare dry ingredients. Sift the flour into the bowl. Add the brown sugar, cream of tartar and baking soda.
- 4 In a mid-sized bowl, prepare the wet ingredients. Mix the oil, eggs and milk.
- 5 Pour the wet ingredients into the dry ones and fold them together to get a smooth batter.
- 6 Add the blueberries.
- 7 Spoon batter into 24 compartments (each should be  $\frac{3}{4}$  full).
- 8 Bake for 15–20 minutes.

## SUGGESTIONS

- ✓ *This easy recipe makes a great snack. Also try it with other allowed fruits.*
- ✓ *When a recipe asks for baking powder you can reduce the phosphorus content by using a mix of baking soda and cream of tartar instead. For 1 teaspoon baking powder: use  $\frac{1}{4}$  teaspoon baking soda plus  $\frac{1}{2}$  teaspoon cream of tartar.*



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## Nutrient Analysis

<b>PER SERVING</b>	
2 mini muffins	
<b>Renal/Diabetic Exchanges:</b>	
2 Starch + 2 Fat	
Calories	<b>251</b>
Protein	<b>5g</b>
Total Carbohydrate	<b>35g</b>
Fiber	<b>1g</b>
Sugars	<b>16g</b>
Fat	<b>11g</b>
Saturated	<b>1g</b>
Cholesterol	<b>32mg</b>
Sodium	<b>104mg</b>
Potassium	<b>161mg</b>
Phosphorus	<b>59mg</b>
Calcium	<b>43mg</b>
Iron	<b>1mg</b>
Magnesium	<b>12mg</b>
Vitamin C	<b>3mg</b>

## Diet Types

- |   |  |
|---|--|
| <input checked="" type="checkbox"/> <b>CKD Non-Dialysis</b> | <input checked="" type="checkbox"/> <b>Dialysis/Diabetes</b> |
| <input checked="" type="checkbox"/> <b>Dialysis</b>         | <input checked="" type="checkbox"/> <b>Transplant</b>        |

## POTASSIUM CHECK ✓

### Portion size matters

As you monitor the amount of potassium in your diet, it's important to always be mindful of portion sizes. While you might think of fruits and vegetables as your main source of potassium, it is important to realize that meat and dairy contribute a great deal of potassium too.

Since potassium comes from so many sources, it is important that you talk to a dietitian for guidance. A dietitian can teach you about foods that are lower in potassium that you can eat on a daily basis. They can also help you with how much of all foods you should have every day to strike the right balance. Eating too much of even the lowest potassium foods can add up quickly.

For example, pineapple is considered to be a lower potassium fruit, but only when you eat a ½ cup portion. If you consume 1 cup of pineapple it is too much of a “good thing”. Generally, you can have a reasonable portion size of lower potassium fruits and vegetables with each of your meals.

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