

BERRY BLAST MUFFIN

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Sodium, Vegetarian

Serves: 6 (Serving = 1 English muffin (2 halves))

Nutrition (per serving)

Calories: 216

Total Fat: 7 g

Saturated Fat: 4 g

Sodium: 315 mg

Total Carbohydrate: 29 g

Dietary Fiber: 4 g

Total Sugars: 5 g

Protein: 8 g



Ingredients

Fruit topping

- ½ Tablespoon cornstarch
- 1 Tablespoon cold water
- 1 ½ cups fresh berries of your choice

Toast

- 6 whole wheat English muffins, halved and toasted (use gluten free for GF version)

- 1 ½ Tablespoons 100% orange juice
- ¼ teaspoon ground cinnamon
- ½ teaspoon chia seeds

- 12 Tablespoons 1/3 less fat Neufchatel cream cheese (3/4 block/tub of cream cheese)



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Directions

1. In a small bowl, stir cornstarch and water together until mixed. Set aside.
2. To make fruit topping, place fruit and juice in a medium saucepan. Add cornstarch mixture and bring to boil over medium-high heat. Add cinnamon and chia seeds, reduce to medium-low and cover for 10-12 minutes, stirring occasionally. Remove from heat and let cool for about 10 minutes. Place fruit topping in a container for serving or storage.
3. Spread 1 Tablespoon of cream cheese per half of the English muffin.
4. Top each half with 1 Tablespoon fruit topping.
5. Serve immediately.