

Blueberry Bean Muffins

From Michigan Bean Commission



Ingredients:

2 (15 oz.) cans red kidney beans,
drained and rinsed
1/3 cup milk
1 cup sugar
1/4 cup butter or margarine,
softened
3 eggs
2 tsp. vanilla
1 cup all-purpose flour
1/2 cup whole wheat flour
1 tsp. baking soda

1/2 tsp. salt
1 tsp. ground cinnamon
1/2 tsp. ground allspice
1/2 tsp. ground cloves
1 cup fresh or frozen blueberries
3/4 cup pecans, chopped

To Prepare:

Preheat oven to 375°. Process beans and milk in food processor or blender until smooth. Mix sugar and butter in large bowl. Beat in eggs
(over)

and vanilla. Add bean mixture, stirring until well blended. Mix in combined flours, baking soda, salt and spices. Gently mix in blueberries. Spoon batter into greased or paper-lined muffin cups. Sprinkle tops with pecans. Bake at 375° for 20-25 min. or until toothpicks inserted in centers come out clean. Cool in pans on wire racks for 5 min.; remove from pans and cool. Makes 1 dozen.

Show # 115

116