

BLUEBERYY MUFFINS No added sugar



Ingredients

- 1 cup self raising flour, sifted
- 1 cup thickened cream, not whipped
- 3 tbs. dextrose
- 1/2 cup blueberries

Method

Mix all ingredients until just combined. Spoon into a mini-muffin tray. Bake for 10-12 minutes in a preheated 180C oven or until golden brown.

Source: au.tv.yahoo.com/sunrise