

# Berry Dreams

Serving Size: 1 Muffin Cup

Serves: 12

## **Ingredients:**

Nonstick cooking spray

¼ cup instant oats

¼ cup graham cracker crumbs

1 tablespoon peanut butter

2 tablespoons canola oil

1 egg

½ cup egg whites

1 package (8 ounces) nonfat cream cheese, softened and cut into chunks

¼ cup frozen apple juice concentrate, thawed

1 teaspoon vanilla

2 tablespoons sugar substitute

1 tablespoon brown sugar

1 tablespoon flour

1 teaspoon cinnamon

1 cup mixed chopped frozen berries

## **Directions:**

1. Preheat oven to 350°F. Line a 12-cup muffin pan with paper or foil baking cups. Spray a nonstick skillet with cooking spray and place over medium heat. Add oats; cook and stir until toasted and golden. Remove from heat. Stir in graham cracker crumbs, peanut butter and canola oil, mix well. Divide crumb mixture evenly and press into baking cups.
2. Place egg, egg whites, softened cream cheese, apple juice concentrate, vanilla, sugar substitute, brown sugar, flour and cinnamon in large bowl. Whip with electric mixer on medium until smooth and fluffy. Divide batter into cups and top with chopped berries (about 1 tablespoon per muffin cup). Spray tops with cooking spray and bake 25 to 30 minutes, until edges are golden brown.
3. Remove from oven and let cool. Serve, or store in freezer in a resealable container until ready to serve.

## **Exchanges per serving:**

½ Starch, 1 Fat

## **Nutrients per serving:**

Calories: 97

Calories from fat: 37%

Total Fat: 4g

Cholesterol: 19mg

Sodium: 142mg

Total Carbohydrate: 10g

Dietary Fiber: 1g

Protein: 6g