

BLUEBERRY BEAN MUFFINS

2 cans (15 oz ea) red kidney beans, drained & rinsed

½ t salt

1/3 c milk

1 c sugar

¼ c butter or margarine, softened

3 eggs

2 t vanilla

1 c all-purpose flour

1 t baking soda

1 t ground cinnamon

½ t ground allspice

½ t ground cloves

1 c fresh or frozen blueberries

¾ c chopped pecans

½ c whole wheat flour

Process beans and milk in food processor or blender until smooth.

Mix sugar and butter in large bowl, beat in eggs and vanilla. Add bean mixture, mixing until well blended. Mix in combined flours, baking soda, salt and spices. Gently mix in blueberries. Spoon mixture into 12" greased or paper-lined muffin cups; sprinkle with pecans.

Bake muffins in preheated 375° oven until toothpicks inserted in centers come out clean, 20 to 25 minutes. Cool in pans on wire racks 5 minutes; remove from pans and cool.

Calories: 286, Carbohydrate: 41 grams, Protein: 7 grams, Fat 10 grams.