

## **Blueberry bean muffins**



Recipe credit

The Bean Education & Awareness Network

### **About this recipe**

Time to make

45 minutes

Special criteria

[Whole grains recipes](#)

### **Ingredients**

- 2 (15-ounce each) cans red kidney beans, drained, rinsed (3 cups cooked)

- 1/3 cup milk
- 1 cup granulated sugar
- 1/4 cup butter or margarine, softened
- 3 large eggs
- 2 teaspoons vanilla extract
- 1 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground cloves
- 1 cup blueberries, fresh or frozen
- 3/4 cup chopped pecans

## Directions

1. Process beans and milk in food processor or blender until smooth.
2. Mix sugar and butter in large bowl; beat in eggs and vanilla. Add bean mixture, mixing until well blended.
3. Mix in combined flours, baking soda, salt and spices.
4. Gently mix in blueberries. Spoon mixture into 12 greased or paper-lined muffin cups; sprinkle with pecans.
5. Bake muffins in preheated 375°F oven until toothpicks inserted in centers come out clean, 20 to 25 minutes.
6. Cool in pans on wire racks 5 minutes; remove from pans and cool.

## Nutritional info

Calories

288

Total fat

10 g

Cholesterol

64 mg

Sodium

500 mg

Total carbohydrates

43 g

Dietary fiber

5 g

Protein

8 g

Allergens

Eggs

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