



# SLEEP WELL

Do you feel drained of energy before you even leave the house? You're not alone. One in three adults don't get the recommended 7 to 9 hours of sleep each night — and that can take a toll on your body and mind.

Click the link below to try these snoozeworthy tips and tricks with your family and friends for four weeks.



 [VIEW INFOGRAPHIC](#)

 [LEARN MORE ABOUT SLEEP](#)



## Blueberry Muffins

### Ingredients

- Cooking spray
- 2 3/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon salt
- 1 teaspoon stevia sweetener OR 2 stevia sweetener packets
- 1/2 cup corn oil OR 1/2 cup canola oil
- 1 teaspoon vanilla extract
- 1 large egg
- 1 cup fat-free, plain yogurt
- 1 cup blueberries (fresh, or, frozen)

### Directions

1. Preheat the oven to 350°F. Lightly spray a 12-cup muffin pan with cooking spray.
2. In a large bowl, sift the flour, baking powder, baking soda, nutmeg, and salt.
3. In a separate large bowl, whisk together the stevia sweetener, oil, vanilla, egg, and yogurt. Add the dry ingredients. Stir together until the mixture is just moistened but no flour is visible. Gently fold in the blueberries, reserving 24 to 36 blueberries to garnish the tops.
4. Spoon the batter into the muffin cups. Using the reserved blueberries, sprinkle 2 or 3 berries on top of each muffin.
5. Bake for 25 to 30 minutes, or until a wooden toothpick inserted into the center comes out clean.
6. Transfer the pan to a cooling rack. Let cool completely.

 12 Servings  212 Calories Per Serving  5g Protein Per Serving  1g Fiber Per Serving

 [VIEW TIPS & FULL NUTRITIONAL FACTS](#)