

BERRY SCARY MUFFINS

INGREDIENTS

Raspberries and/or blackberries (fresh or frozen)

Healthy muffin mix or recipe (look for low-fat, low-sugar and high-fiber ingredients)

DIRECTIONS

Follow the normal instructions for your favorite healthy muffin mix or recipe and add dark-colored berries like raspberries or blackberries to the mix before baking.



Wishing you a healthy Halloween.

For more tips visit elpasocountyhealth.org.