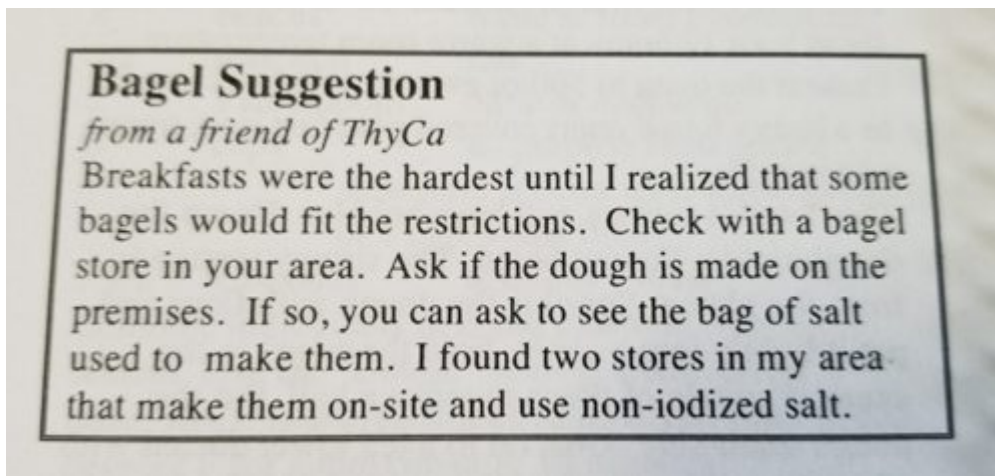


Blueberry Muffins

While I was on my low-iodine diet for my thyroid cancer testing, eating was a bit challenging. I had to modify recipes...or find recipes that fit my needs. I ended up finding a blueberry muffin recipe in the low iodine cookbook which can be found online [here](#). The book is pretty good in some instances but not in others. Sometimes it says things like this...



Bahahahahaa! There is no "bagel store" in our area!

I did find this muffin recipe in the book though...

ingredients. Stir in water, oil, and egg whites. Mix until dry ingredients are moistened. Pour batter into greased or paper-lined muffin pan. Bake 15 to 20 minutes.

Contributed by Cathy T.

Blueberry Muffins

1/2	cup	shortening
1	cup	sugar
3		egg whites
2	cups	flour
2	teaspoon	baking powder
1	teaspoon	vanilla
2	cups	blueberries (frozen works best)
1/2	cup	water

Cream shortening and sugar together. Add eggs, flour, baking powder, and mix in vanilla and water. Add blueberries to batter. I like to use a 6-muffin tin. It makes good-sized muffins. Bake at 375 degrees for 30 minutes. *Contributed by a friend*

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...I wasn't thrilled with how they looked as I was making them but oh my, they are delicious.

I happened to be watching Carver on the day I made them. Kalissa stopped by to pick him up. Carver ate two muffins and so did Kalissa. Kalissa said they were better than my more normal recipe-which is really good. She commented that it was awesome being they were "healthier". I don't know anything about healthy...the milk was dropped and egg whites only were used...and no butter. I never know if that translates into "healthier" or not. I guess it's all a personal choice.



I do know this...diet or no diet, they were excellent...so I have them hiding along with my low iodine bread in the laundry room...goodness knows I'm the only one who will go in there!! They are safe.



These are worth a try, diet or not. Give them a try and tell me what you think!