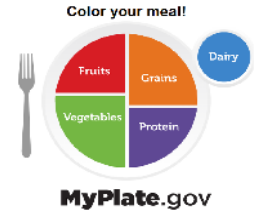




BLUEBERRY MUFFIN



Ingredients:

2 tbsp blueberries (frozen or fresh)

4 tbsp whole wheat flour

½ tsp baking powder

Nonstick cooking spray

1 egg

½ tsp cinnamon

1 tbsp Honey, or maple syrup or sugar

Directions:

1. Grease a microwave safe cup or bowl.
2. Mix dry ingredients together.
3. Mix egg and honey and add to the dry ingredients.
4. Stir in blueberries and mix all the ingredients until well combined.
5. Microwave for 60 to 90 seconds or until fully cooked. Enjoy!

Find more recipes and resources online at: www.gcfb.org/recipes_resources

Want to apply for SNAP Benefits? Call the number below for assistance!

Mention **Gleaners** when speaking with your SNAP representative.

F.O.R.
Comida y otros recursos
LÍNEA DE AYUDA



Para obtener ayuda para encontrar una despensa de alimentos, ayuda para presentar una solicitud de beneficios de SNAP o referencias a otros recursos, llame al

1-888-544-8773


F.O.R.
Food and Other Resources
HELPLINE



For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources, call

1-888-544-8773

F.O.R.
خط المساعدة
خط المساعدة



للحصول على المساعدة في العثور على مخزن طعام، أو المساعدة في التقدم بطلب للحصول على مخصصات SNAP، أو الإحالات إلى موارد أخرى، اتصل بالرقم

1-888-544-8773

food BANK **MiDHHS**
Operado por el Consejo del Banco de Alimentos de Michigan
Food Bank Council of Michigan
Financiado en parte por el Departamento de Salud y Servicios Humanos de Michigan
(Michigan Department of Health and Human Services)

food BANK **MiDHHS**
Operated by the Food Bank Council of Michigan
Funded in part by the Michigan Department of Health and Human Services

food BANK **MiDHHS**
Operated by the Food Bank Council of Michigan
Funded in part by the Michigan Department of Health and Human Services

¿TIENE UNA TARJETA BRIDGE?



**COMPRE \$1
OBTENGA \$1 GRATIS
FRUTAS Y VERDURAS**



HAVE A BRIDGE CARD?



**BUY \$1
GET \$1 FREE
FRUITS & VEGGIES**

DoubleUpFoodBucks.org/GetFresh

866.586.2796

**هل لديك "بطاقة الفود
ستامب" BRIDGE CARD?**



**اشتر بقيمة 1 دولار
واحصل على 1 دولار مجانية
من الفواكه والخضراوات**



Scan the
QR code
below
for more
resources!



linktr.ee/gleanersnutritioneducation

Text **HEALTHYEATS** to **833-956-1009** to get text alerts for classes, nutrition tips, recipes, and more!