

# Fresh ink

**HOT OFF THE PRESS!**

Featuring Salba Smart on  
Glamour.com on April 30, 2010  
Online impressions: 1,201,020

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## Breakfast at Your Desk: Loving These Healthy Blueberry Muffins--With a Secret Ingredient

I made a batch of these yummy muffins yesterday and wanted to share them with you. The recipe, from Martha Stewart, is made even healthier with one secret ingredient ...

I found this [recipe for blueberry muffins](#) over at [MarthaStewart.com](#). But instead of using wheat germ, I decided to swap in Salba, which I told you about earlier in the [week](#)--the super-nutritious grain that, when ground, is perfect to add to muffins. You can check out more about Salba Smart [here](#).

The result was a batch of drool-worthy muffins that I'm *loving*.

Enjoy!



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