



## April 21- Lemon Yogurt Puffs

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1022738>

### Recipe

#### Ingredients:

- 1 egg
- 1 egg white
- ½ cup low-fat lemon yogurt
- ⅓ cup sugar
- 1 teaspoon vanilla
- Zest of 1 lemon
- Juice of ½ lemon
- 2 Tablespoon olive oil
- 1 ¼ cup whole-wheat flour
- 1 teaspoon baking powder
- ¼ teaspoon baking soda

#### Directions:

1. Preheat oven to 350°F. Grease muffin tin with cooking spray or use paper liners.
2. Combine egg, egg white, yogurt, sugar, vanilla, lemon zest, lemon juice and olive oil; mix well.
3. In separate bowl, whisk together flour, baking soda and baking powder.
4. Add dry mixture to wet ingredients; stir quickly to combine.
5. Spoon mixture into muffin cups. Bake 12-15 minutes.

Yield 12 servings

### Nutrition Facts

Serving Size 1 puff (42.7g)  
Servings Per Container 12

#### Amount Per Serving

**Calories** 110      Calories from Fat 30

% Daily Value\*

**Total Fat** 3g      5%

Saturated Fat 0.5g      3%

Trans Fat 0g

**Cholesterol** 15mg      5%

**Sodium** 45mg      2%

**Total Carbohydrate** 17g      6%

Dietary Fiber 1g      6%

Sugars 7g

**Protein** 3g      6%

Vitamin A 0%      •      Vitamin C 4%

Calcium 4%      •      Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.