



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.