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
1/3 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