



## February 27- Strawberry Blueberry Yogurt Muffins – Happy Strawberry Day!

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=619237>

### Recipe

*Ingredients:*

- 1 cup all-purpose flour
- 1 cup whole-wheat flour
- ½ cup sugar
- 1 ½ teaspoons baking soda
- 2 eggs
- 1 cup plain non-fat yogurt
- ¼ cup butter
- 1 teaspoon vanilla
- 1 cup chopped strawberries
- ½ cup blueberries

*Directions:*

1. Preheat oven to 375 °F. Grease a muffin tin or line it with paper baking cups.
2. In a large bowl, sift together flour, sugar and baking soda.
3. In another bowl, stir together eggs, yogurt, melted butter and vanilla until blended. Toss the strawberries with the flour mixture.
4. Pour the egg mixture into the flour mixture and stir until the flour is just moistened. The batter will be lumpy.
5. Spoon the batter into the muffin cups. Bake for 20-25 minutes, or until the tops are golden brown.

Yields 12 servings

### Nutrition Facts

Serving Size 1 muffin (81.27g)  
Servings Per Container 12

#### Amount Per Serving

**Calories** 170      **Calories from Fat** 45

**% Daily Value\***

**Total Fat** 5g      **8%**

Saturated Fat 3g      **14%**

Trans Fat 0g

**Cholesterol** 40mg      **14%**

**Sodium** 340mg      **14%**

**Total Carbohydrate** 27g      **9%**

Dietary Fiber 2g      **7%**

Sugars 11g

**Protein** 5g      **9%**

Vitamin A 4%      •      Vitamin C 15%

Calcium 8%      •      Iron 6%

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