



May 10- Strawberry Muffins

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=658739>

Recipe

Ingredients:

- 1 cup all-purpose flour
- ½ cup whole-wheat flour
- 2 teaspoon baking powder
- 1/8 teaspoon salt
- ½ cup sugar
- ½ cup non-fat yogurt
- ¼ cup skim milk
- ¼ cup applesauce
- 2 egg whites
- 2/3 cup strawberries

Directions:

1. Preheat oven to 350°F.
2. Combine first five ingredients in a large bowl; mix well.
3. Combine yogurt, milk, applesauce and egg whites. Add to dry ingredients and stir until moistened. Fold in mashed strawberries.
4. Spray 12 muffin tins with nonstick spray. Add batter and bake for 25-30 minutes.

Yield 12 servings

Nutrition Facts

Serving Size 1 muffin (58.53g)

Servings Per Container 12

Amount Per Serving

Calories 100 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Total Carbohydrate 22g **7%**

Dietary Fiber 1g **4%**

Sugars 10g

Protein 3g **6%**

Vitamin A 0% • Vitamin C 8%

Calcium 10% • Iron 4%

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