



## **Low-Fat Lemon Yogurt Muffins**

Makes 12 servings | Serving size: 1 muffin

Ingredients Needed:

- 2 cups flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt
- ¼ cup sugar
- 2 tablespoons honey
- 2 large eggs
- 1½ cups nonfat plain yogurt
- 1 tablespoon grated lemon zest

Directions:

1. Preheat the oven to 350°F.
2. Combine flour, baking powder, baking soda and salt. Mix well.
3. In a large bowl, combine sugar, honey, eggs, yogurt and lemon zest.
4. Add dry ingredients to the wet mixture. Stir just until combined. Do not over mix.
5. Divide the batter between 12 greased muffin pan cups.

6. Bake for 15–20 minutes or until golden, and an inserted toothpick comes out clean.

\*Moister than most muffins. You may want to refrigerate them after they have cooled.

Variation:

- Use nonfat lemon yogurt for a stronger lemon flavor.