

Fabulous Fruit Muffins

Serving Size: 1 muffin

Yield: 9



Ingredients:

- 1 1/4 cups flour
- 1/4 cup sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 3/4 cup buttermilk, low-fat
- 2 Tablespoons melted margarine
- 1 slightly beaten egg
- 1/2 teaspoon vanilla extract
- 1 cup coarsely chopped frozen strawberries or other fruit, fresh or frozen

Instructions:

1. Wash your hands and work area.
2. Heat oven to 400 degrees. Spray muffin tin with nonstick cooking spray.
3. In a large bowl, combine the flour, sugar, baking powder, and baking soda. Stir well until all ingredients are blended.
4. In another bowl, combine buttermilk, margarine, egg, and vanilla. Pour this mixture into the dry ingredients (made in step #3).
5. Using a large spoon, gently stir ingredients just until moist (do not over-mix). Add fruit and stir gently (do not over-mix).
6. Spoon batter evenly into 9 muffin cups.
7. Bake 20 to 25 minutes or until golden brown.
8. Serve hot or cold. Muffins may be frozen for later use.

Fabulous Fruit Muffins (continued)

Cost:

Per Recipe: \$ 1.75

Per Serving: \$ 0.19

Nutrition Facts Per Serving: Serving Size 1/p of recipe (69g), Calories 130, Total Fat 3.5g, Cholesterol 25mg, Sodium 105mg, Total Carbohydrate 22g, Protein 3g, Calcium 6%

Source:

Adapted from:

Fix it Fresh! Recipe Series

Kansas State University Research and Extension

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