

Strawberry Muffins

<u>Code</u>
§, V

<u>Nutrition Facts:</u>	
Yield	6
Calories	114
Total Fat	3 g
Sat Fat	1.5 g
Sodium	152.5 mg
Calcium	109 mg
Total Sugars	3.5
Iron	1 g

Ingredients Needed:

- 1 cup whole wheat flour
- 2 tablespoons sugar, or stevia (sugar substitute)
- 1 ½ teaspoons baking powder
- ½ cup skim milk
- ½ cup egg substitute (Egg Beaters)
- 3 tablespoons applesauce, unsweetened
- 1 tablespoon unsalted butter melted
- ½ teaspoon pure vanilla extract
- 1 cup sliced strawberries, fresh or frozen



Recipe Directions:

- Preheat oven to 400 degrees F and line 6 muffin cups with paper liners, or coat with non-stick cooking spray.
- Mix flour, sugar and baking powder together in a bowl.
- Whisk skim milk, egg substitute, applesauce, butter, and vanilla extract together in a separate bowl.
- Stir wet mixture with dry ingredients.
- Fold in strawberries and spoon batter into the prepared muffin cups.
- Bake until a toothpick inserted in the center of a muffin comes out clean, about 20 to 22 minutes.