

Lite Lemon Poppy Seed Muffins

Recipe By Chaya Braver



Cooking and Prep:  30
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Serves:  6

Contains:    

Preference: Dairy

Difficulty: Easy

Diet: Vegetarian, Pescetarian

Source: Whisk by Ami
Magazine

Sometimes a girl just needs to indulge! I reworked my favorite muffin recipe to include whole-wheat flour and Greek yogurt. These muffins have a zesty lemon flavor and are super-moist, plus they come in at about 200 calories per serving—much less than the “diet” muffins you buy at the store. No, I don’t eat these every day, but they are definitely a healthful treat.

Ingredients (12)

Main ingredients

- 1 and 3/4 cups white whole-wheat flour
- 1/2 cup Splenda, Truvia or Xylitol
- 1/2 cup brown sugar
- 1 teaspoon **Haddar Baking Powder**
- 1/2 teaspoon **Gefen Baking Soda**
- 3/4 teaspoon salt

- 2 teaspoons poppy seeds
 - 1/2 cup canola oil
 - 1 cup plain Greek yogurt
 - juice of 1/2 lemon and its zest
 - 1 teaspoon **Gefen Vanilla Extract**
 - 2 eggs, beaten
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Start Cooking

Prepare the Muffins

Yield: 12 muffins

1. Preheat the oven to 350 degrees Fahrenheit. Grease a 12-cup muffin pan.
2. In a large bowl, whisk together dry ingredients. Add wet ingredients and mix gently until just combined. Do not overmix. Divide the batter into the muffin pan (I like to do this using an ice cream scoop).
3. Bake for 25 minutes or until muffins are golden brown.