

Whole Wheat Strawberry Muffins

Ingredients:

Non stick cooking spray
 1 cup strawberries, chopped
 2 eggs
 1 cup plain yogurt (one small container)
 1/4 cup margarine, melted
 1 teaspoon vanilla
 2 cups whole wheat flour
 1/2 cup brown sugar, packed
 1 1/2 teaspoons baking soda

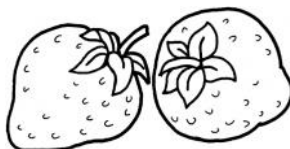
Equipment:

Muffin Tin
 Small mixing bowl
 Medium mixing bowl

Number of Servings: 12
 Prep Time: 10 minutes
 Total time: 30 minutes

Directions

1. Heat oven to 400°F. Grease muffin tin with cooking spray to prevent sticking, or use paper liners.
2. Melt margarine in small saucepan or microwave. Set aside.
3. Wash strawberries, remove stems and tops and throw away. Chop berries into small pieces, add to small bowl. Add eggs, yogurt, melted butter and vanilla. Mix well.
4. In a medium bowl mix together whole wheat flour, brown sugar and baking soda. Mix well.
5. Add strawberry mixture to flour mixture. Mix well until ingredients are wet. Do not over mix.
6. Spoon the whole wheat strawberry muffin batter into muffin tins, about 2/3 full. Bake for 20 minutes or until tops are golden brown.



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Nutrition Facts

Serving Size: 1 muffin	
Servings: 12	
Amount Per Serving	
Calories 154	Calories from Fat 54
%Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	7%
Cholesterol 38mg	18%
Potassium 167mg	5%
Sodium 226mg	9%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Protein 5g	9%
Vitamin A 5%	Vitamin C 12%
Iron 6%	Calcium 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

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