

Fabulous Fruit Muffins

Makes: 9 servings

Try these muffins for breakfast or as a snack during the day. Use fresh fruit when in season - frozen or canned fruit works too!

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 margarine (melted)

1 egg (slightly beaten)

1/2 teaspoon vanilla extract

1 cup frozen strawberries (coarsely chopped, or other fruit, fresh or frozen)

Directions

1. Wash your hands and work area.
2. Heat oven to 400 degrees. Spray muffin tin with non-stick cooking spray.
3. In a large bowl, combine the flour, sugar, baking powder, and baking soda. Stir well until all ingredients are blended.

Nutrition Information

Nutrients	Amount
Calories	130
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	20 mg
Sodium	105 mg
Total Carbohydrate	22 g
Dietary Fiber	1 g
Total Sugars	7 g
Added Sugars included	N/A
Protein	3 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

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.

Source: Kansas State University Research and Extension, Fix it Fresh! Recipe Series