

Fabulous Fruit Muffins

Prep: 15 min
Cook: 25 min
Serves: 9

Ingredients:

- 1 ¼ cups flour
- ¼ cup sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¾ cup buttermilk, low-fat
- 2 tablespoons margarine, melted
- 1 egg, slightly beaten
- ½ teaspoon vanilla extract
- 1 cup frozen strawberries, coarsely chopped, or other fresh or frozen fruit

Directions:

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



Nutrition Information		
Serving size: 234g	9 servings	Calories: 130
Amount per Serving		% Daily Value
Total Fat	3.5g	4%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	20mg	7%
Sodium	180mg	8%
Total Carbohydrate	21g	8%
Dietary Fiber	1g	4%
Total Sugars	7g	
Added Sugars	6g	12%
Protein	3g	
Vitamin D	0mcg	
Calcium	66mg	6%
Iron	1mg	6%
Potassium	74mg	2%