Fabulous Fruit Muffins

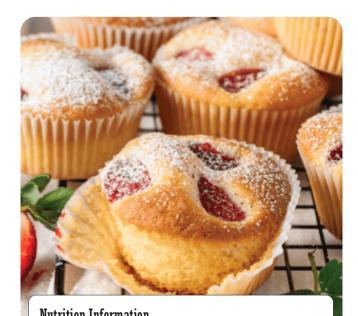
Prep: 15 min Cook: 25 min Serves: 9

Ingredients:

- 1 1/4 cups flour
- 1/4 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	Og	
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	Omcg	
Calcium	66mg	6%
Iron	1mg	6%
Potassium	74mg	2%