







Fruity Yogurt Muffin



Ingredients	For 48 Servings		Directions
	Weight	Measure	
Whole wheat flour		4 cups	<ol style="list-style-type: none"> 1. Preheat oven to 350°F 2. Spray muffin pans with cooking spray. 3. Combine the flours, sugars, and baking soda together. 4. Melt the butter and let cool a little. 5. In a separate large bowl mix the applesauce, yogurt, egg whites, non-fat yogurt, melted butter and vanilla together. Whisk them until smooth with no lumps. 6. Slowly stir wet ingredients into the dry ingredients just until moistened. Gently stir in the strawberries and blueberries by hand. DO NOT OVER MIX. The batter will be a little lumpy. 7. Using a scoop divide the batter into sprayed muffin tins filling 2/3 to almost full in the pans. 8. Bake at 350°F for 15 minutes. 9. Remove from the oven. Let them cool for 5 min before removing from the pan.
White flour all- purpose		4 cups	
Baking soda		6 tsp	
White sugar		1 cup	
Brown sugar		1 cup	
Applesauce unsweetened 		2 1/2 cups	
Vanilla extract		4 tsp	
Egg whites Large		8 each	
Yogurt Non- fat vanilla		2 1/2 cups	
Butter unsalted melted		3/4 cup	
Strawberries, frozen, sweetened, sliced, thawed 		4 1/2 cups	
Blueberries frozen thawed rinsed 		2 cups	
			

Serving Size: 1 muffin (2 oz.) Yield: Servings 48

1 ¼ oz. eq. Grain and 1/8 cup Fruit

Nutrition Analysis: Serving Size: 1 each muffin

Calories: 172 kcal

Calories from Fat: 17.53%

Cholesterol: 7.87 mg

Sodium: 177 mg

Total Fat: 3.35 g

Total Carbohydrate: 33.3 g

Saturated Fat: 1.9 g

Dietary Fiber: 2.11 g

Trans Fat: 0.0

Sugars: 16.54 g

Protein: 3.67 g

Vitamin A: 103 IU

Vitamin C: 12.89 mg

Calcium: 30.66 mg

Iron: 1.08 mg