

STRAWBERRY MUFFINS WITH CREAM CHEESE FROSTING

Gluten Free, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 8 (Serving= 1 muffin)

Nutrition (per serving)

Calories: 140

Total Fat: 4 g

Saturated Fat: 2 g

Sodium: 135 mg

Total Carbohydrate: 22 g

Dietary Fiber: 1 g

Protein: 5 g



Ingredients

Muffins:

- Non-stick cooking spray
- ½ cup white whole wheat flour (use gluten free flour blend for GF version)
- ½ cup all-purpose flour (use gluten free flour blend for GF version)
- 3 Tablespoons Truvia® Baking Blend
- 1 teaspoon baking powder
- 5 Tablespoons strawberry non-fat Greek yogurt
- 3 Tablespoons non-fat milk
- 1 egg
- ½ teaspoon almond extract
- 1 Tablespoon Smart Balance®, melted
- ½ cup chopped strawberries



OSF®
HEALTHCARE

Frosting:

- 3 ounces reduced fat cream cheese, room temperature
- 1 Tablespoon sugar free strawberry preserves
- ¼ cup powdered sugar

Directions

1. Preheat oven to 325°F. Spray or muffin pan with non-stick spray.
2. In a medium bowl, mix together flour, Truvia® Baking Blend, and baking powder. Set aside.
3. In a small bowl, whisk together the yogurt, milk, egg, almond extract, and Smart Balance®. Slowly mix wet ingredients into dry- just until fully combined. Fold in strawberries. Do NOT over-mix.
4. Spoon the batter into the muffin tins about 2/3 full.
5. Bake 20 minutes or until lightly browned. Toothpick should come out clean.
6. To prepare frosting, mix all ingredients together in a shallow bowl. Stir until no clumps of sugar or cream cheese remain. Frost muffins with a knife once cooled.