

LEMON RASPBERRY MUFFINS WITH LEMON GLAZE

Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 12 (Serving= 1 muffin)

Nutrition (per serving)

Calories: 137

Total Carbohydrate: 27 g

Total Fat: 1 g

Dietary Fiber: 3 g

Saturated Fat: 0.5 g

Protein: 5 g

Sodium: 136 mg



Ingredients

- 1 ½ cups white whole-wheat flour
- ½ cup all-purpose flour
- ½ cup Splenda® sugar blend
- 3 teaspoons baking powder
- ½ teaspoon salt
- 2 eggs
- ¾ cup low fat buttermilk

Glaze:

- ¼ cup powdered sugar
- 1 Tablespoon fat free milk

- ½ cup applesauce, unsweetened
- ¼ teaspoon almond extract
- 1 teaspoon vanilla extract
- 1 Tablespoon fresh lemon juice
- Zest of 1 lemon
- 1 ¼ cups diced frozen raspberries, unsweetened, finely chopped
- Zest of ½ a lemon



OSF
HEALTHCARE

Directions

1. Preheat oven to 375° Fahrenheit.
2. Combine the flour, sugar, baking powder and salt in large bowl.
3. In a separate bowl, combine the eggs, buttermilk, applesauce, extracts, lemon juice and zest. Add the wet ingredients to the dry ingredients and stir just until moistened.
4. Fold in the frozen raspberries.
5. Fill muffin tin with muffin cups and spoon in muffin batter two-thirds full. Bake for ~20 minutes or until a toothpick inserted near the middle comes out clean.
6. Stir ingredients for glaze together in a small bowl and drizzle lightly over muffins while still warm.