



# Family Friendly Fruit & Yogurt Muffins



Where service *and savings* matter.

**YIELD:** 16 Muffins

## INGREDIENTS:

## NUTRITIONALS

Nutritional analysis per serving:  
calories 150, calories from fat 25,  
total fat 3g, saturated fat 1.5g,  
cholesterol 30mg, sodium 230mg,  
total carbohydrate 28g, dietary  
fiber 2g, sugars 12g, protein 4g,  
vitamin A 2%, vitamin C 2%,  
calcium 8%, iron 6%

- 1 cup (8 oz) lemon, vanilla, or other fruit-flavored yogurt, regular or low-fat (not non-fat)
- ¼ cup (2 oz) milk
- 2/3 cup (4 ½ oz) sugar
- ¼ cup (1/2 stick, 2 ounces) Land O Lakes light butter, melted
- 1 cup fresh fruit of your choice, diced (1 med pear or 1 med apple)
- 2 large eggs
- 1 ½ cups (6 ¼ oz) King Arthur unbleached all-purpose flour
- ¾ cup (4 oz) whole wheat flour
- 2 ½ tsp baking powder
- ½ tsp salt
- ½ tsp baking soda

## Topping

- ½ cup quick oats
- ½ tsp ground cinnamon

FOLD

## DIRECTIONS:

1. Preheat the oven to 400°F. Lightly grease a muffin pan.
2. Whisk together the yogurt, milk, sugar, melted butter, diced fruit, and eggs. In a separate bowl, whisk together the flours, baking powder, salt, and baking soda. Make a well in the middle of the dry ingredients, pour in the wet ingredients, and stir just till blended. Spoon the batter into the prepared muffin cups, filling each about 2/3 full.
3. Combine the topping ingredients. Sprinkle a spoonful of topping over each muffin.
4. Bake the muffins for 16 to 18 minutes, until they're lightly browned. Remove them from the oven, and after a few minutes transfer them to a rack to cool.

Source: adapted from kingarthurfLOUR.com

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