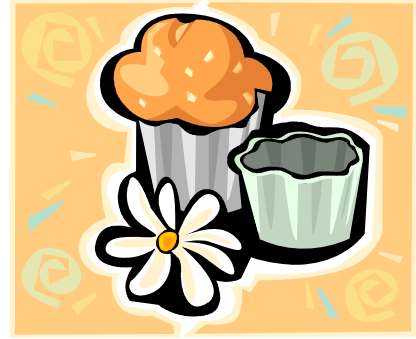


# Lemon Raspberry Cupcakes



## Ingredients:

2 cups all-purpose flour  
1 cup no-calorie sweetener (sugar substitute)  
½ tsp baking powder  
½ tsp baking soda  
½ tsp salt  
3 Tbsp fresh lemon juice  
2 tsp fresh lemon zest  
¾ cup nonfat buttermilk  
1/3 cup plain nonfat yogurt (preferably Greek-style)  
1/3 cup canola oil  
2 eggs  
1 tsp pure vanilla  
4 oz fresh raspberries, gently washed  
confectioner's sugar, optional

## Directions:

Preheat oven to 350°F. Add paper liners to a 12-cup muffin pan. In a medium bowl, combine the flour, no-calorie sweetener, baking powder, baking soda and salt. Mix well. In a large bowl, combine the lemon juice and lemon zest. Add in the buttermilk, yogurt and oil. Beat at medium speed for 1 minute. Add in one egg, and continue to beat for 1 minute. Add in some of the flour mixture, and beat for 1 minute. Add in another egg and the vanilla, and beat for 1 minute. Add the remaining flour, and beat for 1 minute. Gently fold in the raspberries by hand. Pour the batter into all the muffin cups. Bake for 25 to 30 minutes until a tester inserted into a cupcake comes out clean. Remove the cupcakes from the oven. Allow them to cool in the muffin tin for 5 minutes. Remove the cupcakes, place on a cooling rack, and cool completely. Dust with confectioner's sugar if desired.

Makes 12 servings, serving size: 1 cupcake

Nutritional Information: 165 calories, 7g fat, 0.7g saturated fat, 195mg sodium, 1g fiber, 4g sugars, 4g protein

Source: [www.diabetes.org](http://www.diabetes.org)