



# Apple Yogurt Muffins

“Yogurt-More Than a Breakfast Food”

Yield: 12 servings

Serving Size: 1 muffin

## Ingredients:

- 2 cups all-purpose flour
- 1/2 cup granulated sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 1 cup plain yogurt
- 1 large egg, beaten
- 1/2 cup butter, melted
- 2 teaspoons lemon peel, grated
- 3 baking apples, peeled and finely diced
- 1/4 cup granulated sugar
- 2 teaspoons ground cinnamon

## Directions:

In a large bowl, combine flour, 1/2 cup sugar, baking powder, baking soda, 1/2 teaspoon cinnamon, nutmeg and salt. Blend together then set aside. In a small bowl, stir yogurt until creamy, then add beaten egg. Add melted butter and grated lemon peel. Blend together then add to the flour mixture and stir quickly until just mixed. Gently fold in 3 peeled, diced baking apples. Mix together (batter will be lumpy). Spoon into a greased muffin tin about two-thirds full. Topping: Combine 1/4 cup sugar with 2 teaspoons cinnamon and sprinkle over the unbaked muffins. Bake in a 375° F oven for 20-25 minutes, or until golden brown. Cool on a wire rack.

(Each serving provides 230 calories, 8 grams fat, 5 grams saturated fat, 40 mg cholesterol, 330 mg sodium, 36 grams carbohydrates, 2 grams fiber, 18 grams sugar, 4 grams protein)

Source: Marge Randles, Argyle Cheese Farmer