

Morning Muffins

A breakfast that your whole family will love. These morning muffins are packed with fuel to give you high energy levels before a busy day. Whip up a batch on Sunday and you've got your morning meal done for the week. Makes 12 Muffins.

Ingredients

- 1 cup organic mixed dried fruit (such as raisins, cranberries, chopped apricots, chopped figs, etc.)
- 1 ½ cups whole wheat pastry flour
- ½ cup all purpose flour
- ¾ cup turbinado sugar, plus more for sprinkling
- 2 tbsp orange zest
- 1 ½ tsp baking powder
- ½ tsp cinnamon
- ¼ tsp baking soda
- ¼ tsp salt
- 2 large eggs
- ¾ cup low fat plain yogurt

Preparation

Pre-heat oven to 350 degrees F. Place dried fruit in heatproof bowl. Cover with boiling water, and let stand 5 minutes to plump fruit. Drain and set aside.

Coat 12-muffin tin with nonstick cooking spray. Combine flours, sugar, orange zest, baking powder, cinnamon, baking soda, and salt in a large bowl.

Whisk together eggs and yogurt in a separate bowl. Stir egg mixture into flour mixture. Fold in fruit.

Fill muffin tins with batter. Sprinkle tops with sugar. Bake 20 to 25 minutes, or until tops spring back when touched and toothpick inserted in center comes out clean. Cool 10 minutes in pan.

Unmold and cool completely on wire rack.

Nutrition Facts (per serving)

Calories 191; fat 1.5g; saturated fat 0.4g; cholesterol 36.5mg; sodium 101mg; carbohydrate 41g; fiber 3.1g; protein 4.1g; calcium 66.8mg



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