

Lemon Yogurt Muffins

2 c. whole-wheat pastry flour
1 t. baking powder
1 t. baking soda
½ t. salt
¼ c. sugar
2 T. honey
2 eggs
1 ¼ c. plain yogurt
¼ c. grape seed oil
2 T. grated lemon zest
2 T. poppy seeds

Preheat the oven to 375°. Sift all of the dry ingredients together except for the sugar. Separately combine the sugar, honey, eggs, yogurt, grape seed oil and lemon zest. Add the flour mixture and poppy seeds and stir until just combined. Spoon into greased muffin tins and bake 15-20 minutes. Makes 12 Muffins.

Nutrition (per serving): 182 calories; 33% calories from fat; 6.8g total fat; 42.4mg cholesterol; 274.7mg sodium; 108.8mg potassium; 25.4g carbohydrates; 0.8g fiber; 9.2g sugar; 24.6g net carbs; 5.0g protein.