



BREAKFAST

Healthy Eating with the Y



INGREDIENTS

- 3 cups whole-wheat flour
- 2½ teaspoons baking powder
- ½ teaspoon baking soda
- 1 teaspoon salt
- 2 large eggs
- ½ stick of unsalted butter, melted
- ¼ cup vegetable oil
- Zest of 1 lemon
- 1 cup sugar plus 2 tablespoons sugar
- 1¼ cups buttermilk
- 1 tablespoon lemon juice
- 1½ teaspoons vanilla extract
- 2 cups fresh or frozen raspberries
- Vegetable cooking spray or paper muffin cups

TOOLS YOU'LL NEED

- Fine Mesh Strainer
- Medium Mixing Bowl
- Whisk
- Large Mixing Bowl
- Rubber Spatula
- Measuring Cups
- Measuring Spoons
- Zester or Microplane
- 12-Cup Muffin Tin
- Toothpick
- Cooling Rack



RASPBERRY LEMON MUFFINS

MAKES 12 SERVINGS

- 🕒 Prep time: 15 min
- 🕒 Cook time: 25 min
- 🕒 Cooling time: 20 min
- ✅ Kid Friendly
- ✅ Vegetarian

DIRECTIONS

1. Preheat oven to 375 degrees.
2. Using a fine mesh strainer over a medium mixing bowl, sift together flour, baking powder, baking soda, and salt. (If you don't have a fine mesh strainer, you can whisk the ingredients together to combine.)
3. In large mixing bowl, whisk eggs, melted butter, oil, lemon zest, and 1 cup sugar until combined. Add buttermilk, lemon juice, and vanilla to sugar mixture and whisk until well combined.
4. Add flour mixture into wet ingredients and use a rubber spatula to gently stir until just combined and no dry flour is visible.
5. Gently stir raspberries into batter and set aside. Do not overmix.
6. Place paper cups into your muffin tin or spray muffin tin, including the top, with vegetable oil spray.
7. Using a ½ cup dry measuring cup, scoop batter (letting any excess drip back into the bowl) and evenly divide batter into muffin cups.
8. Using your fingers, sprinkle the remaining 2 tablespoons sugar evenly over batter.
9. Place muffin tin in oven. Bake until muffins are golden brown, and toothpick inserted in center of muffin comes out clean, approximately 20 to 25 minutes.
10. Remove muffin tin from oven and place on a cooling rack to cool for 15 minutes.
11. Gently wiggle muffins to loosen from muffin tin and transfer directly to cooling rack. Let muffins cool for at least another 25 minutes before serving.

***Chef's Note:** If you don't have raspberries, you can substitute blackberries, blueberries, or a combination of berries to make mixed berry muffins. Place muffins in an airtight container or freezer bag and store in the freezer for up to 2 months.

Nutritional Information (per serving)

- Calories: 219
- Total Fat 10g
- Saturated Fat: 3g
- Total Carbs: 27g
- Fiber: 5g
- Sugar: 4g
- Protein: 6g
- Cholesterol: 42mg
- Sodium: 244mg