

Lemon-Raspberry Muffins by Lynn's Recipes



A healthy muffin that is great to serve for breakfast or as a snack in the afternoon. This recipe makes 1 dozen muffins.

Ingredients:

- 1 lemon
- ½ cup sugar
- 1 cup nonfat buttermilk
- 1/3 cup canola oil
- 1 egg
- 1 teaspoon vanilla extract
- 1 cup white whole-wheat flour
- 1 cup all-purpose flour
- 1 teaspoons baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 1-1/2 cups frozen raspberries (do not thaw)

Preheat oven to 400°. Line a 12 cup muffin pan with paper liners.

Use a vegetable peeler to remove the zest from the lemon in long strips. Combine the zest and sugar in a food processor and pulse until the zest is very finely chopped into the sugar. Add the buttermilk, oil, egg and vanilla and pulse until blended. Set aside.

Combine the whole-wheat flour, all-purpose flour, baking powder, baking soda and salt in a large bowl. Add the buttermilk and fold until almost blended. Gently fold in the raspberries. Divide the batter among the muffin cups. I use an ice cream scoop.

Bake the muffins until the edges and tops are golden, 20-25 minutes. Let cool in the pan for 5

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minutes before removing and serving.

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