

Strawberry mini muffins

Traffic light category: **Amber**

Serves: 24

Ingredients

- » ½ cup polyunsaturated margarine
- » ½ cup sugar
- » 2 eggs
- » 1 cup reduced fat strawberry yoghurt
- » 1 large punnet strawberries, chopped
- » Grated rind and juice of 1 large lemon
- » 1 ½ cups self raising flour, sifted
- » 1 cup wholemeal self raising flour, sifted

Method

1. Preheat oven to 180°C and grease or line a mini muffin tray
2. Blend the margarine and sugar in a bowl
3. Beat in the eggs and yoghurt
4. Fold in the chopped strawberries, lemon juice and rind
5. Very carefully fold in the flour to avoid squashing the strawberries
6. Place in muffin tray and bake for 15-20 minutes.

Method

Other fresh berries such as raspberries, boysenberries or blackberries could be substituted for strawberries. If using frozen berries add after step four and avoid over mixing.

Nutrition information panel

Nutrient	Per serve	Per 100g
Weight	57g	100g
Energy	479kJ	843kJ
Protein	3g	5.3g
Total fat	3.8g	6.6g
Saturated fat	0.94g	1.7g
Carbohydrate	17g	29.5g
Sugars	6.6g	11.6g
Dietary fibre	1.3g	2.2g
Sodium	104mg	184mg

