

Lemon Yoghurt Muffins

Traffic light category: **Amber**

Serves: 48 mini muffins

Ingredients

- Olive oil cooking spray
- 2 cups self-raising flour, sifted
- ½ cup wholemeal self raising flour, sifted
- ¾ cup caster sugar
- 1 tablespoon finely grated lemon rind
- ¼ cup lemon juice
- 1 cup reduced fat vanilla or other flavoured yoghurt
- ½ cup vegetable oil
- 1 egg, lightly beaten
- Icing sugar to serve

Method

1. Preheat oven to 190°C
2. Lightly spray muffin trays (or use paper cases)
3. Combine flours and sugar in bowl. Make a well in the centre. Add lemon rind, lemon juice, yoghurt, oil and egg. Using a wooden spoon stir until just combined
3. Spoon mixture into prepared pan. Bake for 10-12 minutes or until golden, stand on wire rack to cool
4. Dust with icing sugar to serve.

Nutrition information panel

| Nutrient | Per serve | Per 100g |
|---------------|-----------|----------|
| Energy | 290kJ | 1354.2kJ |
| Protein | 1.1g | 5.4g |
| Total fat | 2.7g | 12.9g |
| Saturated fat | 0.3g | 1.7g |
| Carbohydrate | 9.8g | 45.8g |
| Sugars | 4.6g | 21.5g |
| Dietary fibre | 0.4g | 2.3g |
| Sodium | 167.3mg | 259.8mg |



Adapted from taste.com



Supporting healthy choices

☎ 9264 4999

✉ wasca@education.wa.edu.au [f /wascainc](https://www.facebook.com/wascainc)

💻 waschoolcanteens.org.au [t /wascainc](https://www.twitter.com/wascainc)