

LEMON RICOTTA MUFFINS

Lemon Ricotta Muffins

Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 12 (Serving = 1 muffin)

Nutrition (per serving)

Calories: 134	Total Carbohydrate: 24
Total Fat: 2 g	Dietary Fiber: 2 g
Saturated Fat: 1 g	Total Sugars: 6 g
Sodium: 178 mg	Protein: 5 g

Ingredients

Muffins

- Cooking spray
- 1 cup white-whole wheat flour
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 2 Tablespoons Splenda® brown sugar blend
- 2 Tablespoons Truvia® baking blend
- 1 cup part skim ricotta cheese
- ½ cup unsweetened applesauce
- 1 large egg
- 1 Tablespoon fresh lemon juice
- 1 Tablespoon lemon zest
- ½ teaspoon vanilla extract

Glaze

- ¼ cup powdered sugar
- 1 Tablespoon skim milk
- Zest of ½ a lemon

Directions

1. Preheat oven to 350° Fahrenheit. Spray muffin tin with cooking spray.
2. In a large mixing bowl, mix together flours, baking powder, baking soda, salt, and sugars.
3. In a medium mixing bowl, combine the ricotta cheese, applesauce, egg, lemon juice, lemon zest, and vanilla extract.
4. Add the wet ingredients to the dry ingredients and stir just until moistened.
5. Evenly distribute muffin batter into muffin tins.
6. Bake for 15-17 minutes or until a toothpick inserted near the middle comes out clean.
7. Stir together ingredients for glaze together in a small bowl and drizzle lightly over muffins while still warm.