

# Triple Berry Chia Seed Muffins

## Ingredients:

- 1 egg
- 1/2 cup sugar
- 3/4 cup Greek yogurt, nonfat
- 1/4 cup vegetable oil
- 2 tablespoons honey
- 1/4 teaspoon vanilla extract
- 1/8 teaspoon ground cinnamon
- 1/4 teaspoon lemon zest
- 1 1/2 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 1/3 cups mixed berries, fresh or frozen
- 2 tablespoons chia seeds
- Nonstick cooking spray

## Directions

1. Preheat oven to 375°F. Spray mini-muffin tin with cooking spray and set aside.
2. In medium bowl, whisk together egg and sugar for about 1 minute. Add yogurt, oil, honey, vanilla, cinnamon, and lemon zest; whisk until well combined.
3. In separate bowl, sift together flour, baking powder, baking soda, and salt.
4. Pour wet ingredients over dry ingredients and mix until combined. Be careful not to overmix. The batter will appear thick, almost like cookie dough.
5. Gently fold in berries and chia seeds.
6. Spoon heaping tablespoons of batter into prepared muffin tin. Batch will make 20 mini-muffins.
7. Bake for 15 – 17 minutes until tops are golden browns and inserted toothpick comes out clean.
8. Let muffins cool in tin for 10 minutes, then transfer to rack to cool completely.

## Nutrition Facts

Serving Size 1 muffin (61g)  
Servings Per Container 20

Amount Per Serving

**Calories** 160      **Calories from Fat** 30

% Daily Value\*

**Total Fat** 3.5g      **5%**

**Saturated Fat** 0.5g      **3%**

**Trans Fat** 0g

**Cholesterol** 10mg      **3%**

**Sodium** 90mg      **4%**

**Total Carbohydrate** 32g      **11%**

**Dietary Fiber** 1g      **4%**

**Sugars** 22g

**Protein** 3g

**Vitamin A** 2%      • **Vitamin C** 2%

**Calcium** 2%      • **Iron** 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

