

HEALTHY STRAWBERRY SHORTCAKE MUFFINS



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Ingredients

Yields: 12

- 2 ½ c old fashioned oats (not instant or quick cooking)
- 1 c plain low-fat Greek yogurt
- 2 eggs
- 1/3 c low calorie baking blend or ¾ cup natural sugar substitute sugar substitute
- 1 ½ tsp baking powder
- ½ tsp baking Soda
- 2 c fresh strawberries, diced and patted dry
- 1 tsp lemon juice optional

Directions

1. Preheat oven to 400 degrees. Line 12 muffin tins with silicone or foil liners, (or just use a silicone muffin pan). If you don't they will stick.
2. Place all of the ingredients (except the strawberries) in a blender or food processor, and blend until oats are smooth. Pour mixture into a medium sized bowl, and stir in strawberries. Divide remaining 1/2 cup diced strawberries over the top of each muffin.
3. Divide batter among cupcake liners, and bake for 20-25 minutes, or until toothpick comes out clean.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1 muffin	94	2 g	5 g	16 g	143 mg

Carbohydrate Exchanges: 1