



Lemon Chia Yogurt Muffins

12 servings

30 minutes

Ingredients

1 3/4 cups All Purpose Gluten-Free Flour
1 tsp Baking Powder
1/2 tsp Baking Soda
1/2 tsp Sea Salt
2 tbsps Chia Seeds
3/4 cup Plain Greek Yogurt
1/2 cup Maple Syrup
1/4 cup Unsweetened Applesauce
2 Egg
2 tbsps Lemon Juice
2 tbsps Lemon Zest
2 tpsps Vanilla Extract

Nutrition

Amount per serving	
Calories	154
Fat	2g
Carbs	30g
Fiber	4g
Sugar	9g
Protein	4g
Cholesterol	33mg
Sodium	214mg
Potassium	57mg
Vitamin A	125IU
Vitamin C	3mg
Calcium	87mg
Iron	1mg

Directions

- 1 Preheat the oven to 350°F (175°C). Line a muffin tray with liners or use a silicone muffin tray.
- 2 In a large bowl, whisk together the flour, baking powder, baking soda, salt, and chia seeds.
- 3 In a medium bowl, whisk together the yogurt, maple syrup, applesauce, eggs, lemon juice, lemon zest, and vanilla.
- 4 Combine the wet and dry ingredients, mixing until just combined. Divide the batter evenly into the prepared muffin cups. Bake for 16 to 19 minutes until firm to the touch and a toothpick inserted comes out clean.
- 5 Let the muffins cool in the tray for 10 to 15 minutes before removing and transferring them to a cooling rack to cool completely. Enjoy!

Notes

Leftovers: Store in an airtight container at room temperature for the first day and then transfer to the refrigerator in an airtight container for up to one week. Freeze for up to three months.

Serving Size: One serving is one muffin.

How to Measure Flour: Fluff the flour first and then spoon it into your measuring cup. Use the back of a knife to level off the flour. Do not scoop the flour with your measuring cup or pack the flour in and/or tap it to get more flour in. This will result in extra flour being used, which will make your muffins dry and crumbly.