

Peaches and Cream Muffins

Eating foods with fibre is an important part of a healthy diet. This tasty recipe uses high fibre ingredients such as whole wheat flour and fruit. Health Canada recommends choosing whole grains for at least half your grain choices daily.



Ingredients:

2 cups	Whole wheat flour	500 mL
¼ cup	Sugar	60 mL
½ tsp	Nutmeg	2 mL
½ tsp	Cinnamon	2 mL
½ tsp	Baking soda	2 mL
2 tsp	Baking powder	10 mL
½ tsp	Salt	2 mL
1 cup	Plain 1% M.F. yogurt	250 mL
2 medium	Eggs	2 medium
¼ cup	Canola oil	60 mL
1 tsp	Vanilla extract	5 mL
2 cups	Canned peaches, drained, rinsed, and diced	500 mL
	Non-stick cooking spray	

Directions:

1. Preheat oven to 375°F (190°C).
2. Lightly spray a muffin tin with non-stick cooking spray or line with paper muffin cups.
3. In a large bowl, combine flour, sugar, nutmeg, cinnamon, baking soda, baking powder and salt.
4. In a medium bowl, whisk together yogurt, eggs, oil and vanilla. Pour over flour mixture.
5. Pat peaches dry with paper towel and add to mixture.
6. Stir until dry ingredients are moistened.
7. Spoon into prepared muffin cups.
8. Bake for about 25 minutes or until tops are golden and firm to the touch.

Makes 12 muffins (82 g)

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Nutrition Facts	
Per 1/12 of recipe (82 g)	
Amount	% Daily Value
Calories 180	
Fat 6 g	9 %
Saturated 1 g	5 %
+ Trans 0 g	
Cholesterol 30 mg	
Sodium 230 mg	11 %
Carbohydrate 28 g	9 %
Fibre 3 g	12 %
Sugars 12 g	
Protein 5 g	
Vitamin A	4 %
Vitamin C	2 %
Calcium	6 %
Iron	8 %

Nutrient Claim	Amount per serving
Source of fibre	3 g
Low in saturated fat	1 g
Source of calcium	73 mg
Source of magnesium	34 mg
Source of folate	18 mcg
Source of iron	1.1 mg

Canada's Food Guide Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1/4
Grain Products	2
Milk and Alternatives	0
Meat and Alternatives	0

This is a Choose Sometimes recipe (Grain Product) according to the Alberta Nutrition Guidelines.

Special equipment needed:

- Muffin tin