

Healthy Strawberry Muffins

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These muffins have been a favourite of mine for years now. I try to make them weekly when strawberries are in season – they are so good!

Healthy Strawberry Muffins Recipe

- **Makes 12 muffins.**

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Ingredients:

- 1/2 Teaspoon Baking Soda
- 2 1/2 Cups Oats
- 3/4 Cups Sugar (or Splenda, to make them healthier)
- 1 Cup Greek Yogurt, Plain
- 2 Eggs
- 1 1/2 Teaspoon Baking Powder
- 2 Cups Strawberries, Diced

Instructions:

1. Preheat oven to 400F. Spray muffin tins with cooking spray or line with foil liners (not paper).
2. Add all ingredients, except strawberries, to your food processor and blend until smooth. Pour into a bowl and gently fold in 1 1/2 cup of the strawberries.

3. *Divide mixture evenly into your muffin tins. Top each muffin with additional diced strawberries.*

4. *Bake for 25 minutes, or until a toothpick comes out clean.*

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