Whole Wheat Strawberry Muffins

Ingredients:
Non stick cooking spray
1 cup strawberries, chopped
2 eggs
1 cup plain yogurt (one small container)
1/4 cup margarine, melted
1 teaspoon vanilla
2 cups whole wheat flour
1/2 cup brown sugar, packed
1 1/2 teaspoons baking soda

Equipment:
Muffin Tin
Small mixing bowl
Medium mixing bowl

Directions
1. Heat oven to 400ºF. Grease muffin tin with cooking spray to prevent sticking, or use paper liners.
2. Melt margarine in small saucepan or microwave. Set aside.
3. Wash strawberries, remove stems and tops and throw away. Chop berries into small pieces, add to small bowl. Add eggs, yogurt, melted butter and vanilla. Mix well.
4. In a medium bowl mix together whole wheat flour, brown sugar and baking soda. Mix well.
5. Add strawberry mixture to flour mixture. Mix well until ingredients are wet. Do not over mix.
6. Spoon the whole wheat strawberry muffin batter into muffin tins, about 2/3 full. Bake for 20 minutes or until tops are golden brown.

Nutrition Facts
Serving Size: 1 muffin
Servings: 12

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Per Serving</th>
<th>% Daily Value*</th>
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<tbody>
<tr>
<td>Calories</td>
<td>154</td>
<td>9%</td>
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<tr>
<td>Total Fat</td>
<td>6g</td>
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<tr>
<td>Saturated Fat</td>
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<tr>
<td>Cholesterol</td>
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<tr>
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<tr>
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<tr>
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<tr>
<td>Iron</td>
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</table>

*Percent Daily Values are based on a 2000 calorie diet.

For more recipes, please visit: www.fcs.ext.vt.edu/recipes

Equipment:
Muffin Tin
Small mixing bowl
Medium mixing bowl

Number of Servings: 12
Prep Time: 10 minutes
Total time: 30 minutes