

YOGURT MUFFINS

Ingredients:

- 2/3 c. White Mountain Foods Bulgarian Yogurt
- 3/4 c. unbleached white flour
- 3/4 c. whole wheat flour
- 1/4 c. rice syrup
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1/2 tsp. salt
- 2/3 c. skim milk
- 1 small banana, mashed OR 1/2 cup chopped fruit

Directions:

In large mixing bowl combine flour, rice syrup, baking powder, baking soda, and salt. Gently stir in yogurt and milk, blending just until dry ingredients are moistened. Fill lightly greased muffin cups 3/4 full. Bake at 400° for eighteen minutes or until well browned. Serve warm.