

Lemon Poppy Muffins



PREPARATION TIME: 15-20 minutes

MAKES: 24 muffins

BAKE TIME: 12-15 minutes

This recipe may be doubled if needed.

INGREDIENT	MEASUREMENT	METRIC
cake flour	4-1/2 cups	490 gram
SPLENDA® No Calorie Sweetener Granular	1-1/2 cups	36 grams
sugar	1/2 cup	100 grams
unsalted butter, softened	1-1/2 cups	336 grams
nonfat dry milk	1 cup	120 grams
baking powder	4 teaspoons	16 grams
baking soda	1-1/2 teaspoons	7 grams
salt	1/2 teaspoon	3 grams
buttermilk	1-1/2 cups	367 grams
lemon juice	1/4 cup	61 grams
grated lemon peel (zest)	1/4 cup	24 grams
eggs	6 eggs	300 grams
vanilla extract	4 teaspoons	17 grams
poppy seeds	1/4 cup	34 grams

PREHEAT oven to 350°F. Place paper liners into muffin tins. Set pan aside.

PLACE cake flour, SPLENDA® Granular, sugar and softened unsalted butter in a large mixing bowl. Mix on medium speed 1-2 minutes with an electric mixer until the butter is mixed into the flour mixture, with only very small pieces of butter visible.

ADD nonfat dry milk, baking powder, baking soda and salt. Mix on low speed until blended.

MIX buttermilk, lemon juice, lemon zest, eggs, and extracts in a small bowl. Stir well. Add 2/3 of the buttermilk mixture to the flour mixture. Mix on medium speed mixing until the liquids are just

blended into the flour mixture. Stop the mixer and scrape the sides and bottom of the bowl. Mix on medium-high speed about 45-60 seconds or until the batter starts to get lighter in appearance. Reduce mixer speed to low and add remaining liquids. Mix on medium speed until blended. Stop mixer and scrape sides and bottom of bowl again. Add poppy seeds. Mix batter at medium high speed for an additional 30 seconds or until seeds are evenly distributed.

POUR muffin batter into prepared pan. Cups will be very full. Bake muffins in preheated 350°F oven 12-15 minutes or until a wooden toothpick inserted in the center of the muffin comes out clean.

Note: The surface color can be improved by sprinkling a little sugar on the surface or brushing an egg or milk wash before baking.

NUTRITION INFORMATION PER SERVING

Serving Size: 1 muffin

Total Calories	250	Sodium	270mg
Calories from Fat	120	Total Carbohydrate	26g
Total Fat	14g	Dietary Fiber	0g
Saturated Fat	8g	Sugars	8g
Cholesterol	85mg	Protein	6g

This recipe, when compared to a traditional recipe, has a 35% reduction in calories, a 49% reduction in carbohydrates, and a 76% reduction in sugar!

DIETARY EXCHANGES

1-1/2 Starches
3 Fats

