

YOGURT MUFFINS

Ingredients:

2/3 cup White Mountain Foods Bulgarian Yogurt
1½ cups flour
¼ cup rice syrup
2 tsp. baking powder
1 tsp. baking soda
½ tsp. salt
2/3 cup skim milk
1 small banana, mashed OR ½ 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 18 minutes or until well browned. Serve warm.