

Easy Frozen Fruit Muffins



This recipe is flexible - you can swap in your favorite frozen fruit in any combination you like best!

YIELD 12 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

¾ cup	Whole Wheat Flour
¾ cup	All Purpose Flour
¼ cup	Granulated Sugar
¼ cup	Light Brown Sugar
2 tsp	Baking Powder
½ tsp	Salt
1 tsp	Cinnamon, ground
1 large	Egg
⅓ cup	Canola or Vegetable Oil
⅓ cup	Milk, 1% Low-Fat
⅓ cup	Water
1 ½ cup	Frozen Fruit, unthawed

CHEF'S NOTES

Swapping half the flour for whole wheat in a recipe like this one is a great way to add a little extra fiber without it being noticeable.

This recipe works with just about any frozen fruit you like. Our favorites are blueberries, strawberries, mixed berries, pineapple and diced peaches. Frozen fruit is just as nutritious as fresh – just make sure to check the ingredients for no added sugar.

For a little added protein and healthy fat in your breakfast, try spreading a little peanut butter on your muffin!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 400°F and grease 12 muffin cups with non-stick spray or line with paper liners.
2. Stir together both flours, both sugars, baking powder, salt, and cinnamon in a medium bowl.
3. Whisk the egg, oil, milk and water together in a separate bowl until smooth. Gently stir the wet mixture into the dry ingredients, until just combined. Be careful not to overmix. Fold in the frozen fruit.
4. Spoon the batter into the prepared muffin cups, filling to ¾ full.
5. Bake the muffins until the tops are golden brown and toothpick inserted in the center comes out clean, about 20-25 minutes.

Nutrition Facts

12 servings per container

Serving Size 1 muffin (68 g)

Amount per serving

Calories 160

% Daily Value *

Total Fat 7g 9%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 290mg 13%

Total Carbohydrate 22g 8%

Dietary Fiber 2g 6%

Total Sugars 10g

Includes 8g Added Sugars 16%

Protein 3g 5%

Vitamin D 0.17mcg 0%

Calcium 20mg 0%

Iron 0.49mg 3%

Potassium 63mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

