

Raspberry Sunflower Seed Oat Muffins

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Ingredients:

1 cup quick oats
¼ cup shelled sunflower seeds
1 1/2 cups flour
1/2 cup brown sugar
1 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
1 ¼ cup milk
1/4 cup Greek yogurt
1 egg
2 tsp lemon extract
½ cup fresh raspberries quartered

½ cup powdered sugar
1 TBSP lemon juice
1 TBSP water
2 TBSP shelled sunflower seeds

Directions:

*Preheat oven to 400 degrees. Insert muffin paper cupss into 12 muffin tins and gently spray the interiors of the paper cups.
*Mix together the oats, ¼ cup sunflower seeds, flour, brown sugar, baking powder, baking soda and salt. Whisk together the milk, yogurt, egg and lemon extract, then mix in just until incorporated.
*Fold in the raspberries. Divide the batter into the prepared muffin tins.
*Bake for 20 minutes or until the center springs back to the touch. Cool completely.
*Mix together the powdered sugar, lemon juice and water. Spoon over the cooled muffins. Sprinkle with the remaining sunflower seeds.