

Strawberry Yogurt Muffins

Yields 12 muffins

Ingredients:

- 1 3/4 cups all-purpose flour
- 1/4 teaspoon ground nutmeg
- 1 teaspoon baking soda
- 1/2 cup fat-free plain yogurt
- 1/4 cup unsalted butter, melted and cooled
- 3/4 cup sugar
- 2 eggs, lightly beaten
- 1 teaspoon vanilla extract
- 1 1/4 cups coarsely chopped fresh strawberries

For the cinnamon streusel:

- 2 tablespoons all-purpose flour
- 2 tablespoons brown sugar, packed
- 1 tablespoon turbinado sugar
- 2 teaspoons cinnamon
- 2 tablespoons coconut oil
- 1 teaspoon vanilla extract

Directions:

1. Preheat the oven to 400 degrees F. Line a 12-cup standard muffin tin with paper liners; set aside.
2. To make the streusel topping, combine the flour, sugars, cinnamon, coconut oil and vanilla in a small bowl; set aside.
3. In a large bowl, combine the flour, nutmeg and baking soda.
4. In a large glass measuring cup or another bowl, whisk together the yogurt, butter, sugar, eggs and vanilla.
5. Pour mixture over dry ingredients and stir using a rubber spatula just until moist.

6. Add the strawberries and gently toss to combine.
7. Scoop the batter evenly into the muffin tray.
8. Sprinkle with reserved topping, using your fingertips to gently press the crumbs into the batter.
9. Place into oven and bake for 15-18 minutes, or until a tester inserted in the center comes out clean.
10. Remove from oven and cool on a wire rack.

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