



GREEK YOGURT FRUIT COCKTAIL MUFFINS

May 13

National Fruit Cocktail Day

INGREDIENTS

- 1 Cup All-Purpose, Enriched Flour
- 1 Tablespoon Cornstarch
- ½ Tablespoon Baking Powder
- ¾ Cup Fruit Cocktail (well drained)
- 1 Large Egg
- ½ Cup Vanilla Flavored Greek Yogurt (23 grams or less sugar per 6 ounces)
- 1 Teaspoon Vanilla Extract
- 2 Tablespoons Vegetable Oil
- ½ Cup Sugar

DIRECTIONS

1. Preheat the oven to 350° F. Spray and lightly flour (do not use muffin liners as these stick) 8 of the muffin cups and set aside.
2. In a bowl, mix together flour, cornstarch and baking powder.
3. Stir in the fruit cocktail.
4. In a separate bowl, beat the egg, then stir in yogurt, vanilla and oil.
5. Add the dry ingredients to the wet and mix until just combined.
6. Fill up the prepared muffin tin a little over ¾ of the way full.
7. Bake for 25-30 minutes or until a fork when inserted in the center comes out clean.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Snack

YIELD

8 Muffins

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Muffin	1 Muffin	2 Muffins	2 Muffins