

Raspberry, Yogurt and Maple Muffins



This is one of my favourite recipes to make with frozen fruit for a [satisfying snack](#) before a sunny volleyball match. For a [complete breakfast](#), I like to pair it with Greek yogurt and a good coffee. Including fruit in your morning routine, as recommended by our dietitians, becomes easy, accessible... and absolutely delicious!

Preparation 10 min

Cooking 35 min

Servings 12

Nutrition Facts (per serving)

Calories 150

Fat 3

Carbohydrates 26

Fibre 2

Protein 5

Sodium 105

Ingredients

- 250 ml (1 cup) unbleached all-purpose flour
- 160 ml (? cup) rolled oats
- 60 ml (¼ cup) flax seeds, ground (or chia seeds, ground)
- 2,5 ml (½ tsp) baking soda
- 7 ml (½ tbsp) baking powder

- 1 ripe banana, mashed
- 180 ml (¾ cup) plain 0 % Greek yogurt
- 125 ml (½ cup) maple syrup
- Zest and juice of 1 lemon (or 60 ml / ¼ cup juice)
- 250 ml (1 cup) fresh or frozen raspberries (not thawed)
- Brown sugar, for topping (*optional*)

Preparation

1. Preheat the oven to 350 °F (180 °C).
2. Line a 12-cup muffin tin with paper liners or lightly grease.
3. In a large bowl, combine flour, oats, flax seeds, baking soda, and baking powder.
4. In another bowl, whisk the eggs with banana, yogurt, maple syrup, lemon zest, and juice.
5. Add the wet ingredients to the dry and stir until just combined.
6. Gently fold in the raspberries.
7. Divide the batter among muffin cups. Sprinkle with brown sugar, if desired.
8. Bake in the centre of the oven for 35 minutes or until a toothpick inserted in the centre comes out clean.
9. Let cool in the tin for 10 minutes, then transfer to a wire rack.

Notes

Keeps for 5 days in the refrigerator or 3 months in the freezer in an airtight container.



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