

SPEND SMART. EAT SMART.®

Lemon Chia Seed Muffins

Serves: 12 Cost/Serving: 0.23 Serving Size: 1 muffin

INGREDIENTS

- 1 cup whole wheat flour
- 1 cup all purpose white flour
- 1/2 cup white sugar
- 1 1/2 teaspoons baking powder
- 1 tablespoon chia seeds
- 1 cup nonfat milk
- 1/3 cup oil (canola or vegetable)
- 2 eggs
- 1/3 cup lemon juice

INSTRUCTIONS

- 1 Preheat oven to 350 degrees F. Line a muffin tin with liners or spray with cooking spray.
- 2 Stir together whole wheat flour, white flour, sugar, baking powder, and chia seeds in a medium bowl.
- 3 Mix together milk, oil, eggs, and lemon juice in a small bowl.
- 4 Pour wet ingredients into dry ingredients. Stir until just combined. Divide the batter into the muffin tins.
- 5 Bake until the muffins are golden and a tester inserted in the center of a muffin comes out clean. This should take about 16-18 minutes.
- 6 Store leftovers in an airtight container.

TIPS

Use 1 tablespoon lemon zest and 3 tablespoons fresh lemon juice in place of the 1/3 cup lemon juice

Nutrition Facts

12 servings per recipe

Serving Size: 1 muffin

Amount Per Serving

Calories 180

% Daily Value*

Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 80mg	3%
Total Carbohydrates 26g	9%
Dietary Fiber 2g	8%
Total Sugars 10g	
Includes 8g Added Sugars	16%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 74mg	6%
Iron 1mg	6%
Potassium 102mg	2%

* 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.

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