



Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](#)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Lemon-Raspberry Muffins

Prep Time: 10 mins

Cook Time: 25 mins

Rest Time: 5 mins

Total Time: 40 mins

Ingredients

- ❖ 1 medium lemon
- ❖ 1/2 cup(s) sugar
- ❖ 1 cup(s) buttermilk, fat-free
- ❖ 1/3 cup(s) canola oil
- ❖ 1 large egg(s)
- ❖ 1 teaspoon vanilla extract
- ❖ 1 cup(s) flour, whole-wheat pastry, or white whole-wheat flour
- ❖ 1 cup(s) flour, all-purpose
- ❖ 2 teaspoon baking powder
- ❖ 1 teaspoon baking soda
- ❖ 1/4 teaspoon salt
- ❖ 1 1/2 cup(s) raspberries, or frozen (not thawed)



Preparation

1. Preheat oven to 400°F. Coat 12 large (1/2-cup) muffin cups with cooking spray or line with paper liners.
2. Use a vegetable peeler to remove the zest from the lemon in long strips. Combine the zest and sugar in a food processor; pulse until the zest is very finely chopped into the sugar. Add buttermilk, oil, egg and vanilla and pulse until blended.
3. Combine whole-wheat flour, all-purpose flour, baking powder, baking soda and salt in a large bowl. Add the buttermilk mixture and fold until almost blended. Gently fold in raspberries. Divide the batter among the muffin cups.
4. Bake the muffins until the edges and tops are golden, 20 to 25 minutes. Let cool in the pan for 5 minutes before turning out onto a wire rack. Serve warm.