

How to make...

RASPBERRY LEMON MUFFINS

Ingredients:

By: Kathy

Allrecipes

- .2 teaspoons baking powder
- . 1/4 teaspoon salt
- .1 teaspoon grated lemon zest
- . 1 cup frozen raspberries
- .2 tablespoons white sugar for decoration (optional)
- .1/2 cup plain yogurt
- . 3 tablespoons vegetable oil
- . 1 tablespoon lemon juice
- .2 egg whites
- .1/2 teaspoon lemon extract (optional)
- .1 1/2 cups all-purpose flour
- .3/4 cup white sugar



Servings: 12
Calories: 175
Fat: 3.8g

Carbs: 33g

Instructions

.large bowl, mix together the yogurt, oil, lemon juice, egg whites, and, if using, lemon extract. In a separate bowl, stir together the flour, 3/4 cup sugar, baking powder, salt, and lemon zest. Add the wet ingredients to the dry, and mix until just blended. Gently stir in the frozen raspberries. Spoon batter evenly into the prepared muffin cups. Sprinkle remaining sugar over the tops for decoration, if desired.

.In a large bowl, mix together the yogurt, oil, lemon juice, egg whites, and, if using, lemon extract. In a separate bowl, stir together the flour, 3/4 cup sugar, baking powder, salt, and lemon zest. Add the wet ingredients to the dry, and mix until just blended. Gently stir in the frozen raspberries. Spoon batter evenly into the prepared muffin cups. Sprinkle remaining sugar over the tops for decoration, if desired.

.Bake for 15 to 17 minutes in the preheated oven, or until the top springs back when lightly touched. Cool muffins in the tin on a wire rack.

How to make:

FRUIT SALSA AND CINNAMON CRISPS

Ingredients:

- .2 kiwis, peeled and diced
- .2 Golden Delicious apples - peeled, cored and diced
- .8 ounces raspberries
- .1 pound strawberries
- .2 tablespoons white sugar Granulated
- .1 tablespoon brown sugar
- .3 tablespoons fruit preserves, any flavor
- .10 (10 inch) flour tortillas



Calories: 312
Carbs: 59g
Fats: 5.9g
Servings: 10

Instructions

In a large bowl, thoroughly mix kiwis, Golden Delicious apples, raspberries, strawberries, white sugar, brown sugar and fruit preserves. Cover and chill in the refrigerator at least 15 minutes.

Preheat oven to 350 degrees F (175 degrees C).

Coat one side of each flour tortilla with butter flavored cooking spray. Cut into wedges and arrange in a single layer on a large baking sheet. Sprinkle wedges with desired amount of cinnamon sugar. Spray again with cooking spray.

Bake in the preheated oven 8 to 10 minutes. Repeat with any remaining tortilla wedges. Allow to cool approximately 15 minutes. Serve with chilled fruit mixture.

How to make...

SIMPLE SUMMER SMOOTHIE

Ingredients:

- .1 banana
- .1 cup frozen strawberries
- 1 cup frozen blueberries
- .1 cup frozen cherries
- .4 ice cubes
- . 1/2 cup orange juice
- .3/4 cup vanilla yogurt
- .1/2 teaspoon honey (optional)



Calories: 139

Carbs: 31.1g

Fat: 1.2g

Servings: 4

Instructions:

Place the banana, strawberries, blueberries, cherries, and ice cubes into a blender. Pour in the orange juice, vanilla yogurt, and honey. Puree until smooth.