



Always baked from scratch with a lot of love.

Cheese and Poppy Seed Muffins



This is a pretty healthy muffin to start off your morning. It has oats, ricotta cheese, fruit – all coming together in an easy to make muffin. I like muffins about 10:00 with a good cup of coffee. Maybe you do too. Enjoy.

Makes 12 muffins, 185 calories per muffin

Ingredients

- ¾ cup part skim ricotta cheese
- 1 egg white, slightly beaten
- 4 tsp. sugar
- 1¼ cups all-purpose flour
- ¾ cup chopped dried apples or raisins
- 1/3 cup sugar
- 3 Tbsp. poppy seeds (optional)
- 1 Tbsp. baking powder
- ½ tsp. grated lemon peel
- ¼ tsp. salt (optional)
- 1 cup skim milk
- 3 Tbsp. vegetable oil
- 2 egg whites, slightly beaten

Directions

Heat oven to 375 degrees. Line 12 medium muffin cups with paper liners. Combine first three ingredients, mixing until just moistened and set aside. Combine dry ingredients. Add combined remaining ingredients, mixing until just moistened. Spoon 1 Tbsp. batter into each cup. Spoon Tbsp. of cheese filling into center of each. Spread remaining batter over filling. Bake 22-25 minutes or until lightly browned. Store in freezer. To reheat, microwave on high about one minute per muffin.