



Yogurt Chocolate Chip Muffins

Makes 4 servings

Ingredients

Cooking spray
1¾ cups cake flour
½ teaspoon baking soda
3 tablespoons unsalted butter, room temperature
⅔ cup sugar

3 large egg whites
½ tablespoon vanilla extract
1¼ cups fat-free Greek yogurt
9 tablespoons semi-sweet chocolate chips

Instructions

1. Preheat oven to 375 degrees. Line a muffin tin with 12 muffin liners and spray with oil.
2. Mix flour and baking soda with a whisk in a medium bowl.
3. In a large bowl, with a hand mixer, mix and cream the butter and sugar on medium setting for about 2 minutes.
4. In a small bowl, beat the egg whites and vanilla with a whisk, add to bowl with butter/sugar mixture.
5. Mix in the yogurt, then flour mixture and mix on low speed until combined, 1 minute.
6. With a spatula, fold in the chocolate chips and spoon into lined muffin tins until about ¾ filled.
7. Bake at 375 degrees, or until a toothpick inserted in the center comes out clean, about 16 to 18 minutes. Let cool before eating.

Serving size: 1 muffin; calories per serving: 187; fat: 5.5g; saturated fat: 3.5g; cholesterol: 8mg; sodium: 256mg; carbohydrates: 30.0g; fiber: 0.5g; protein: 6.0g; sugars: 17.0g

Source: www.skinnytaste.com

