

# *Happy~Healthy~Blessed*

## Lemon Berry Chia Muffins



### Ingredients:

- 2/3 C. Evaporated Cane Juice/Organic Sugar
- 2 Lemons, zested and juiced, divided
- 2 C. Whole Wheat Pastry Flour
- 2 tsp. Baking powder
- 1/4 tsp. Baking soda
- 1/4 tsp. Real salt
- 1/4 C. Chia seeds  
or 2 Tbl. poppy seeds
- 1 C. Plain Greek yogurt
- 2 Eggs
- 1 tsp. Vanilla extract
- 1 tsp. Lemon extract or 1 drop lemon essential oil
- 1/4 C. Melted coconut oil
- Strawberry jam
- 1/4 C. Organic sugar, for topping

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## Directions:

Preheat oven to 375 degrees. Fill muffin tin with paper liners. Combine sugar and zest of two lemons and rub together with your fingers until fragrant. Add the flour, baking powder, baking soda, salt and chia seeds. In a separate bowl, mix together the juice of two lemons, yogurt, eggs, vanilla extract, lemon extract and oil. Pour wet ingredients into dry ingredients and mix together just until combined. Batter will be lumpy.

Fill muffin liners 3/4 full (*an ice cream scoop works perfect for this*). Top each muffin with a heaping 1 teaspoon of strawberry jam. Use a toothpick and swirl the jam into the muffin. Sprinkle the top of each muffin with 1/2 teaspoon sugar. Bake in preheated oven for 15-16 minutes or until a toothpick comes out clean. Makes around 16 muffins.

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