

Lemon Chia Seed Muffins

Prep: 15 min Cook: 17 min Total: 30 min Servings: 18

Calories: 217 Fat: 9g Protein: 8g Carbs: 27g Fiber: 1g

Ingredients

For the Muffins:

- 2 1/4 cups all-purpose flour
- 2 tsp baking powder
- 1/4 tsp baking soda
- 2 Tbsp BBF Organic Chia Seeds
- 1 cup sugar
- 2 Tbsp lemon zest
- 1 cup whole milk greek yogurt
- 1/3 cup milk of choice
- 1/2 cup oil
- 2 large eggs
- 2 Tbsp fresh lemon juice
- 1/4 tsp kosher salt

Directions

1. Preheat the oven to 425 F. Line a 12-cup muffin pan with paper liners.
2. For muffins: In a large bowl, sift together flour, baking powder, and baking soda. Whisk in chia seeds and salt.
3. In another large bowl, combine sugar and lemon zest. Working with your hands, rub the zest into the sugar until fully combined. Add yogurt, milk, oil, eggs, and lemon juice. Whisk until smooth. Pour into the flour mixture and fold just until combined. (Batter will be thick.) Divide batter evenly among paper liners.
4. Bake for 15 to 17 minutes or until the tops are golden brown and a toothpick inserted in the center comes out with a few moist crumbs. Let muffins cool in the pan for 10 minutes. Remove and finish cooling on a wire rack.
5. Enjoy your Lemon Chia Seed Muffins!