



Butter Free Zesty Poppy Seed Muffins

NIBBLEDISH CONTRIBUTOR

Ingredients

Makes 12:

- Zest of 2 oranges
- Zest of 1 lemon
- Zest of 1 lime
- 225g low fat natural yogurt

- 200g plain flour
- 175g caster sugar
- 115ml grapeseed oil
- 1 egg
- 3 tbsp poppy seeds

- 1 tbsp baking powder
- Bit of salt

Instructions

1. Sift the flour and baking powder into a large bowl. Stir in the sugar, zests, poppy seeds and salt.
 2. In a separate bowl, lightly beat the egg, then stir in the yogurt and oil until smooth.
 3. Mix the dry and wet mixture together until combined, but do not overmix.
 4. Spoon into a lined muffin tray, then bake at 200 degrees C for 20 minutes.
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