



Find this recipe at: <https://greenvalleylactosefree.com/in-the-kitchen/recipes/cranberry-chocolate-yogurt-muffins>

Cranberry & Chocolate Yogurt Muffins

Prep time: 50 minutes

Servings: 12

When my daughters, Maggy and Sharon, were growing up we frequently made muffins together. I like to use yogurt to make muffins because it creates a thick batter that you can generously scoop high in the muffin tin to create a gorgeous puffy muffin. Thinner batters made with milk tend to overflow before they puff. These feature sweet-and-tart cranberries, a secret vitamin C powerhouse, and chocolate.

Submitted by Pam Anderson - www.threemanycooks.com

Ingredients

3 cups all-purpose flour

3/4 cup light brown sugar

1 tbsp. baking powder

1/2 tsp. baking soda

1/2 tsp. salt

1 cup dried (or wild) cranberries, plus a couple of extra for studding the muffins

1 cup chopped dark chocolate, plus a little extra for studding the muffins

1 1/2 cups Green Valley Creamery Lactose-Free Vanilla Yogurt

2 large eggs

1/2 cup flavorless oil, such as canola

Instructions

1. Adjust oven rack to middle position and heat oven to 375 degrees.
2. Mix flour, sugar, baking powder, baking soda, and salt in a large bowl; add cranberries and chocolate; toss to combine.

3. Whisk yogurt, eggs and oil in a medium bowl. Add to dry ingredients and stir with a rubber spatula until just combined.
4. Spray a 12-cup muffin tin (with cups of 1/2 cup capacity) with vegetable cooking spray.
5. Use a large ice cream scoop to divide batter evenly among the cups; stud muffin batter tops with additional cranberries and chocolate.
6. Bake until muffins are golden brown, about 20 minutes. Set on a wire rack to cool slightly, just a few minutes. Remove muffins from tin and serve warm.



Nutrition Facts: Amount Per Serving: Calories 330, Fat Cal. 112, Total Fat 12g (18% DV), Sat Fat 2g (10% DV), Trans Fat 0g, Cholesterol 34mg (11% DV), Sodium 301mg (13% DV), Total Carbohydrate 47g (16% DV), Fiber 2g, Sugars 22g, Protein 7g, Vitamin A 1%, Vitamin C 0%, Calcium 11%, Iron 10%.

Percent Daily Values are based on a 2,000 calorie diet.