



Gingerbread Muffins

INGREDIENTS:

3 ½ cups All-purpose flour
1 ½ teaspoon Baking soda
½ teaspoon Ground nutmeg
2 teaspoons Ground ginger
1 teaspoon Ground cinnamon
¼ teaspoon Ground cloves
2 cups Brown sugar
¾ cup Molasses
½ cup Yogurt, non-fat, plain
1 stick Butter, unsalted
3 large Eggs
1 cup Hot water

PREPARATION:

- Preheat oven to 350° F.
- Lightly spray 2 muffin pans with vegetable spray.
- In a large bowl mix together the flour, baking soda, ginger, cinnamon, nutmeg and cloves.
- In mixer bowl, combine brown sugar, molasses, yogurt, and butter; mix until creamy.
- Mix dry ingredients from above into the wet ingredients and run mixer until just combined.
- Then add in eggs, one at a time, and hot water slowly.
- Use ¼ cup scooper to scoop out batter, make sure batter is leveled off, so you are able to make the correct portion size creating 24 muffins.
- Bake muffins for about 15 to 20 minutes.
- Once muffins are finished, remove them from the oven and let them cool in pans for about five minutes.

Servings: 24

Serving size: 1 muffin

Calories: 160

Fat: 5

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