

LEMON RICOTTA MUFFINS

INGREDIENTS

- 1 3/4 C Whole wheat pastry flour
- 3/4 C Sugar substitute
- 2 1/2 t Baking Powder
- 1/4 t Salt
- 3/4 C Ricotta cheese (skim)
- 1/2 C Water
- 1/4 C Extra virgin olive oil
- 1 T Lemon rind (grated)
- 2 T Lemon juice
- 1/4 C Egg substitute
- Non-stick cooking spray



DIRECTIONS

- 1 Preheat oven to 375 F
- 2 Combine flour, sugar substitute, baking powder & salt
- 3 In a separate bowl, combine ricotta, water, olive oil, lemon rind & lemon juice & egg substitute
- 4 Make a well in the center of the flour mix & pour the ricotta mix in it and stir until moist
- 5 Coat 12 cupcake liners with cooking spray & divide batter into the 12 'wells'
- 6 Bake for 16 minutes or until a toothpick inserted in the center of a muffin comes out clean
- 7 Cool for at least 15 minutes before placing muffins on a rack to cool

