



## Lemon Muffins

12 muffins. Recipe adapted from *Cooking Light*

### Ingredients

1-3/4 cups (7.9 ounces) all-purpose flour  
3/4 cup granulated sugar  
2-1/2 teaspoons baking powder  
1/4 teaspoon salt  
3/4 cup part-skim ricotta cheese  
1/2 cup water  
1/4 cup olive oil  
1 tablespoon grated lemon rind  
2 tablespoons fresh lemon juice  
1 large egg, lightly beaten  
Cooking spray  
2 tablespoons turbinado sugar or honey

### Nutritional info

Calories:	186
Total fat:	6.2g
Cholesterol:	21mg
Sodium:	160mg
Total Carbs:	30g
Protein:	4g

### Directions

1. Preheat oven to 375° F.
2. Weigh or lightly spoon flour into dry measuring cups; level with a knife.
3. In a medium-sized bowl combine flour, sugar, baking powder and salt. Make a well in center.
4. In a separate bowl combine ricotta, water, olive oil, grated lemon rind, fresh lemon juice and egg, stir until smooth.
5. Add ricotta mixture to flour mixture, stirring just until moist.
6. Place 12 muffin-cup liners in muffin cups; coat with cooking spray.
7. Divide batter among muffin cups. Sprinkle turbinado sugar or honey over batter.
8. Bake at 375° for 16 minutes or until a wooden pick inserted in center comes out clean.
9. Cool 5 minutes in pan on a wire rack.