

Lemon Poppy Seed Muffins

Yield: 12 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/polish-makowiec-recipe>

Ingredients:

- 2/3 cup sugar
- 1 lemon
- 2 cups all purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 3/4 cup greek yogurt I used Chobani 0%
- 2 eggs
- 1 teaspoon pure vanilla extract
- 1/2 cup unsalted butter melted and cooled
- 2 tablespoons poppy seeds

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 60 milligrams
4. Fat: 10 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 5 grams
8. Sodium: 190 milligrams
9. Sugar: 12 grams

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