

Peach Muffin

Yield: 12 min
Total Time: 37 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-peach-muffin-recipe>

Ingredients:

- 3/4 cup whole wheat flour
- 3/4 cup unbleached all-purpose flour
- 1/2 cup white sugar
- 3/4 teaspoon table salt
- 3/4 teaspoon baking soda
- 2 eggs
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- 1 1/4 cups peaches fresh diced, or unsweetened frozen peaches
- 1/8 cup canola oil
- 1/3 cup unsweetened applesauce
- 1/4 cup plain yogurt Nonfat Greek

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 35 milligrams
4. Fat: 3.5 grams
5. Fiber: 2 grams
6. Protein: 3 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 240 milligrams
9. Sugar: 11 grams

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