

Lemon/Chia Seed Mini Muffins

1 1/2 cups all purpose flour

1 1/2 tsp baking powder

1/2 tsp baking soda

1/2 tsp kosher salt

5 tablespoons butter

1 6-oz container lemon yogurt

3 large eggs

1 tsp vanilla extract

zest of 2 lemons

juice of one lemon

1/4 cup honey

1/4 cup chia seeds

Preheat your oven to 375F. Spray each cup of a mini muffin tin with nonstick spray, or grease with butter.

In a large bowl, mix the flour, baking powder, baking soda, and salt. Rub or cut in the butter like you would if making biscuits or pie crust, until the mixture resembles fine crumbs (you can also do this in a food processor). In a separate bowl, mix the eggs, vanilla, yogurt, lemon zest, lemon juice, and honey. Add this mixture to the flour and butter mixture and stir until just combined. Stir in the chia seeds.

Scoop the batter into each of the 24 cups. You should have just enough batter to fill each of them to the top. Bake in the 375 degree oven for about 15 minutes, until a toothpick inserted into the center of at least two muffins near the center of the dish comes out clean.

Makes 24 mini muffins.