

# STRAWBERRY ORANGE MUFFINS

- 3 LARGE EGG WHITES
- 3/4 CUP UNSWEETENED APPLESAUCE
- 1/4 CUP CANOLA OIL
- 1 ORANGE, ZESTED
- 1 TSP PURE VANILLA EXTRACT
- 2 CUPS WHOLE-WHEAT FLOUR
- 1/2 CUP SUCANAT
- 1 TBSP BAKING POWDER
- 1 TSP BAKING SODA
- 1 TSP KOSHER SALT
- 1 CUP STRAWBERRIES, SLICED
- OLIVE OIL COOKING SPRAY

1. PREHEAT OVEN TO 375. COAT 1 12-CUP OR 2 6-CUP STANDARD-SIZE MUFFIN TINS WITH COOKING SPRAY. SET ASIDE.

2. IN A LARGE BOWL, WHISK TOGETHER EGG WITHES, YOGURT, APPLESAUCE, CANOLA OIL, ZEST AND VANILLA. IN A MEDIUM BOWL, COMBINE FLOUR, SUCANAT, BAKING POWDER, BAKING SODA AND SALT. MIX DRY INGREDIENTS INTO WET INGREDIENTS, STIRRING UNTIL JUST SHORT OF COMBINED. GENTLY STIR IN STRAWBERRIES, MIXING JUST UNTIL COMBINED.

3. DIVIDE BATTER EVENLY BETWEEN 12 MUFFIN CUPS. BAKE UNTIL TOPS ARE GOLDEN BROWN AND SET, 20 TO 25 MINUTES. TO TEST, INSERT A TOOTHPICK INTO THE CENTER OF A MUFFIN UNTIL IT COMES OUT CLEAN. COOL ON A WIRE RACK FOR 10 MINUTES BEFORE REMOVING FROM TRAY.