



Sparkle Kitchen

Lemon Ginger Chia Muffins (makes 12 muffins)

Ingredients

2/3 cup Greek yogurt
1/2 cup olive oil
1/2 cup sugar
2 teaspoons vanilla
1 lemon
1 teaspoon (a piece about the size of the tip of your pinky) fresh grated ginger
1 egg
1 1/2 cups flour
1 teaspoon baking powder
1/4 teaspoon baking soda
1/2 teaspoon salt
2 tablespoons chia seeds

Directions

Preheat your oven to 400 degrees.

In a large bowl, stir together the yogurt, olive oil, sugar, vanilla, the zest and juice of the lemon, and the grated ginger. Add the egg, and mix until the ingredients are well incorporated.

In a smaller bowl, mix the flour, baking powder, baking soda, and salt.

In two or three additions, gradually add the dry ingredients to the wet until the two are combined. Add the chia seeds last, and, again, stir them in well.

Spoon the batter into muffin papers or a well-oiled muffin pan. Bake for 15 minutes, or until a tester inserted in the center of a muffin comes out clean.

These can be stored in an airtight container, and will keep very well for 3-4 days.