

# Recipe of the Month – May 2021

## Lemon Chia Seed Muffins

Serves 12

Serving Size: 1 Muffin

Cost per Serving: \$0.23

### Ingredients:

- 1 cup whole wheat flour
- 1 cup all purpose white flour
- ½ cup white sugar
- 1 ½ teaspoons baking powder
- 1 Tablespoon chia seeds
- 1 cup nonfat milk
- 1/3 cup oil (canola or vegetable)
- 2 eggs
- 1/3 cup lemon juice

### Directions:

1. Preheat oven to 350°F. Line a muffin tin with liners or spray with cooking spray.
2. Stir together whole wheat flour, white flour, sugar, baking powder, and chia seeds in a medium bowl.
3. Mix together milk, oil, eggs and lemon juice in a small bowl.
4. Pour wet ingredients into dry ingredients. Stir until just combined. Divide the batter into the muffin tins.
5. Bake until the muffins are golden and a tester inserted into the center of a muffin comes out clean. This should take about 16 – 18 minutes.
6. Store leftovers in an airtight container.

### Tips:

- Use 1 Tablespoon of lemon zest and 3 Tablespoons fresh lemon juice in place of the 1/3 cup lemon juice.

**Nutrition Facts per Serving:** 180 calories, 8g total Fat (1g sat. fat),  
30mg. Cholesterol, 80mg Sodium, 26g Carbohydrates, 2g Fiber, 10g Sugar, 4g Protein

*Recipe compliments of Iowa State University Extension and Outreach:  
Healthy & Homemade 2021 Nutrition & Fitness Calendar*



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