

Lemon-Poppy Seed Muffins

Muffins:

2 cups all-purpose flour

½ cup sugar

2 TBS poppy seeds

1 tsp baking powder

1 tsp baking soda

¼ tsp salt

3 TBS vegetable or canola oil

Zest (yellow part) from 1 lemon

3 TBS lemon juice

1 cup vanilla or lemon yogurt

1 egg

Lemon Glaze:

Juice from 1 lemon (approx. ¼ cup)

Zest from one lemon

1 cup powdered sugar

½ Tablespoon butter

Preheat oven to 400 degrees. Mix dry (first 6) ingredients together in bowl. In a smaller bowl mix wet (last 5) ingredients. Make a well in the center of the dry ingredients and add wet ingredients. Combine until just moist. Spray muffin tins with cooking spray or line with baking cups. Spoon batter into muffin tins until 2/3 full (approx. ¼ cup). Bake at 400 for 14 minutes or until golden brown.

While muffins are baking, make glaze. Combine lemon juice, zest and powdered sugar into microwave safe bowl. Stir well. Add butter. Microwave on high for one minute. Stir until well mixed. Let glaze sit to thicken slightly (glaze will still be runny). Once muffins have cooled add a small amount of glaze to the top by holding muffin over bowl and spooning desired amount (one teaspoon or so) to the top.