

LOW-FAT CHOCOLATE MUFFINS

SOURCE: QUICK COOKING MAY/JUNE 2002 (Mona Kruse of Milan IL)

PREP/COOKING TIME: less than 1 hour

INGREDIENTS:

1 1/2 C all purpose flour

3/4 C sugar

1/4 C baking cocoa

2 tsp baking powder

1 tsp baking soda

12 tsp salt

2/3 C fat-free vanilla yogurt

2/3 C fat-free milk

Confectioner's sugar (optional)

DIRECTIONS:

In bowl, combine first 6 ingredients - stir in yogurt, milk & vanilla just till moistened. Coat muffin cups with nonstick cooking spray - fill 2/3 full. Bake 15-20 minutes at 400° F or till toothpick comes out clean. Cool 5 minutes before removing from pan to wire rack; dust with confectioner's sugar, if desired.

Yield: 1 dozen [1 muffin = 128 calories; 1mg cholesterol; 258mg sodium; 29g carbohydrates; 1g fiber; 3g protein - diabetic exchange: 2 starch]