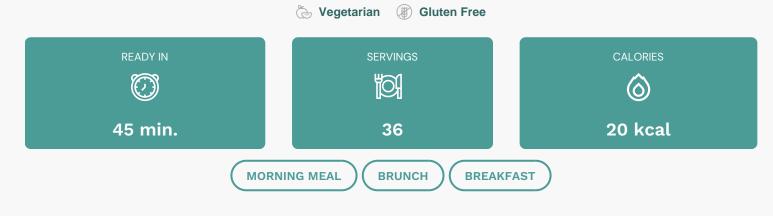


Lemon-Poppy Seed Mini-Muffins



Ingredients

Ш	2 eggs
	0.8 cup milk
	1 box poppy seeds
	0.3 cup vegetable oil

Equipment

	bowl
	frying pan
П	oven

	muffin liners		
	kitchen scissors		
Directions			
	Heat oven to 425F.		
	Place miniature paper baking cup in each of 36 mini-muffin cups, or grease bottoms only of muffin cups.		
	In medium bowl, stir Muffin		
	Mix, milk, oil and eggs just until blended (batter may be lumpy). Spoon about 1 tablespoonful batter into each muffin cup so cups are about two-thirds full.		
	Bake 10 to 12 minutes or until golden brown and tops spring back when lightly touched. Cool 3 to 4 minutes; remove from pan. Squeeze Glaze packet about 10 seconds (do not microwave).		
	Cut off tip of 1 corner of packet with scissors.		
	Drizzle over muffins.		
Nutrition Facts			
	PROTEIN 9.47% FAT 85.34% CARBS 5.19%		

Properties

microwave

Glycemic Index:1.19, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:0.55391304891395%

Nutrients (% of daily need)

Calories: 20.07kcal (1%), Fat: 1.92g (2.95%), Saturated Fat: 0.4g (2.52%), Carbohydrates: 0.26g (0.09%), Net Carbohydrates: 0.26g (0.09%), Sugar: 0.25g (0.28%), Cholesterol: 9.7mg (3.23%), Sodium: 5.41mg (0.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.96%), Vitamin K: 2.81µg (2.67%), Selenium: 0.85µg (1.22%), Vitamin B2: 0.02mg (1.07%), Phosphorus: 10.22mg (1.02%), Vitamin E: 0.15mg (1.02%)