

YIELD: 12 REGULAR MUFFINS

Perfect Plum Muffins (made with yogurt)...don't knock 'em till you try 'em!

Perfect plum muffins are just that: perfect! Light, fluffy, barely sweet and no butter, but a cup of yogurt to keep them healthy.

PREP TIME

10 minutes

COOK TIME

18 minutes

TOTAL TIME

28 minutes



Ingredients

- 2 cups (275 g) good quality flour
- 2 tsp. baking powder
- 1/2 tsp baking soda
- 1/2 cup (100 g) sugar
- 2 eggs
- 1/2 cup (100 ml) light olive oil
- 1 cup (250 ml) yogurt (if using Greek yogurt, add 1 tbsp milk or buttermilk)
- 8 small plums, or 6 medium plums (should weigh about 320g) (or blueberries, apples, etc.)
- Demerara or Swedish pearl sugar to top, if desired

Instructions

1. Preheat the oven to 350°F.
2. Sift flour, baking powder, and baking soda into a large bowl.
3. Stir in the sugar.
4. In a separate bowl or measuring jug, whisk together: eggs, olive oil, and yogurt, until smooth.
5. Wash the plums and chop into pieces.
6. Pour the yogurt mixture into the dry ingredients.
7. Slowly stir the yogurt mixture into the dry ingredients in the large bowl, until just combined. DO NOT OVER STIR, it will make the muffins too dense.
8. Gently stir in the plums, with just a few turns. (Keep a few aside for putting on top of the muffins, if you like.) Then fill the muffin cups. Sprinkle with a little raw sugar (Demerara) if desired, for a crunchy top.
9. Bake for about 18-20 minutes or until golden brown.

Notes

If you are making larger muffins, bake for another 5 minutes, or until a skewer comes out clean, as ovens vary.

Nutrition Information: YIELD: 12 **SERVING SIZE:** 1

Amount Per Serving: CALORIES: 130 TOTAL FAT: 2g SATURATED FAT: 0g TRANS FAT: 0g
UNSATURATED FAT: 1g CHOLESTEROL: 31mg SODIUM: 146mg CARBOHYDRATES: 25g FIBER: 2g
SUGAR: 8g PROTEIN: 4g

Nutrition information is only estimated.



Did you make this recipe?

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CUISINE: American / **CATEGORY:** Breakfast/Brunch

<https://www.christinascucina.com/plum-muffins-made-with-yogurtdont-knock/>