

# Sunshine Power Muffins

*Did the treadmill get the best of you this morning? These muffins are high in protein, vitamin C, calories, calcium and complex carbohydrates for a post-workout recharge.*

## Cooking spray

- 1 cup all-purpose flour
- ½ cup old-fashioned oats
- ½ cup flaxseed meal
- ¼ cup sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- ½ cup honey
- 2 eggs, lightly beaten
- 1 cup plain yogurt
- ½ cup orange juice
- 1 teaspoon vanilla extract
- 2 teaspoons finely grated orange rind
- 1 cup chopped dried apricots  
(about 5 ounces)
- ⅓ cup granola

**1.** Preheat oven to 375F. Coat 12 muffin cups with cooking spray.

**2.** Combine flour and next five ingredients (*flour through salt*) in a mixing bowl.

**Power Up with**  
yogurt, apricots,  
orange juice and oats.

**3.** Combine honey and next five ingredients (*honey through orange rind*) in a separate bowl. Whisk well.

**4.** Make a well in the center of dry ingredients. Pour wet ingredients into the well and stir until just combined. Gently fold in apricots.

**5.** Fill muffin cups two-thirds full. Sprinkle with granola. Bake 18 to 20 minutes, until centers spring back when touched. Makes 12 muffins.

*Per muffin: 190 calories, 2.5g fat, 35mg chol., 5g prot., 37g carbs., 3g fiber, 220mg sodium.*