



Barley Fruit Muffins

1-1/2 cups all-purpose flour
1/2 cup barley flour
2 teaspoons baking powder
1 teaspoon ground cinnamon
1/2 teaspoon baking soda
1/2 teaspoon salt
1 cup (8 ounces) low-fat vanilla yogurt
2 eggs
2/3 cup dark brown sugar, packed
1/4 cup light olive oil
1 teaspoon vanilla extract
1/2 cup chopped dried fruit (apricots, apples, raisins, cranberries or cherries)

In large mixing bowl, combine flours, baking powder, cinnamon, baking soda and salt; set aside. In medium bowl, whisk together yogurt, eggs, brown sugar, olive oil and vanilla until smooth. Pour into dry ingredients, mixing until just combined. Stir in dried fruit. Spray a 12-cup muffin tin with non-stick cooking spray. Divide batter equally between muffin cups. Bake in preheated 375° F oven for 15 to 18 minutes or until toothpick inserted in center comes out clean. Cool in pan for 10 minutes. Turn muffins out onto cooling rack. Makes 12 muffins.

Per muffin: 199 calories, 4g protein, 34g carbohydrate, 2g fiber, 6g fat, 36mg cholesterol, 260mg sodium.

For more recipe ideas, visit www.barleyfoods.org.