

Raspberry Muffin Recipe

Ingredients

- 1-3/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1/3 cup shortening
- 3/4 cup sugar
- 2 eggs, lightly beaten
- 1/2 cup milk
- 1 teaspoon vanilla extract
- 1 to 2 cups fresh *or* frozen raspberries
- Additional sugar

Directions

- 1. Combine flour and baking powder; set aside.
- 2. In a large bowl, cream shortening and sugar.
- 3. Add eggs; mix well. Combine milk and vanilla;
- 4. Add to creamed mixture alternately with flour mixture.
- 5. Fold in the raspberries.
- 6. Fill greased or paper-lined muffin cups two-thirds full.
- 7. Bake at 375° for 20-25 minutes or until center of muffin springs back when lightly touched.
- Yield: about 1 dozen.

Nutritional Facts: 1 serving (1 each) equals 204 calories, 7 g fat (2 g saturated fat), 37 mg cholesterol, 83 mg sodium, 32 g carbohydrate, 1 g fiber, 3 g protein.