**Lemon Chia Seed Muffins**

**Makes 12 delightful muffins.**

1/2 cup unsalted butter, softened

1/2cup sugar

2 large eggs

1 lemon, zested

1/2 c fat free plain or vanilla Greek yogurt

3 tablespoons lemon juice (1 lemon)

1 tsp. vanilla extract

* 1 tsp. almond extract

1/3cups Whole Wheat Flour

1 cup unbleached all purpose flour

1 tsp. baking powder

1/2 tsp. baking soda

2 tablespoons chia seeds

* ¼ cup sliced almonds for topping\* optionaol

Preheat oven to 350 degrees

Prepare 12 muffin pan with paper liners.

Cream butter and sugar.

Beat in eggs one at a time, beating to evenly distribute.

Add in lemon zest, yogurt and lemon juice and extracts.

Add in flours, baking powder and soda.

Fold in chia seeds.

Place heaping spoonful of batter in muffin cups filling ¾ full. Garnish with almonds as desired.

Bake for 20 minutes or until cake tester comes out clean.

My son Kevin likes lemon poppy seed muffins and so I thought I would ramp them up a bit and substitute chia seeds for the poppy seeds. I wonder if he’ll notice??

What are chia seeds? Chia seeds are an ancient seed consumed by the Aztecs and are an excellent plant source of omega fats, protein, soluble fiber, antioxidants, calcium and iron. Remember the chia pet craze? This is the same seed, but this time prepared for human consumption.

I am a chia seed newbie. I bought them out of pure curiosity. I pop them on top of my yogurt parfaits or morning oatmeal, but they are also frequently used in salads, stir fries and in smoothies. I think they would be a great on a spinach and strawberry salad, don’t you?

To make these muffins you will need a zester. Zesters are fun and easy to use. I use my zest to add citrus zest into muffin and bread recipes mostly, but sometimes add lemon zest to roasted broccoli, broccoli rabe or asparagus too.

Adding the lemon zest and the chia seeds to the muffin mixture.

I always use Greek yogurt in recipes when possible as it is a great way to boost the protein content, which in muffins and breads is typically low. Protein at meal times is a good way to keep your belly full.

Baking up and almost done-had to sneak a peek.

YUM! This are very airy, lemony and just sweet enough.