Strawberry Oatmeal Muffins - 6 servings

- 1 1/4 cup Oatmeal
- 1 cup low fat Greek yogurt – I used strawberry, but plain would do
- 1 Egg
- 1/4 cup sweetener = I used Splenda granular
- ¾ tsp Baking powder
- 1/4 tsp Baking soda
- 1 cup diced Strawberries, divided

Mix first 6 ingredients in blender. Fold in ¾ cup of strawberries. Divide into 6 muffin cups and divide the ¼ cup of strawberries on top.
Bake at 400 degrees for 20 minutes or so. Let cool a few minutes. Enjoy! If you don't eat them all, refrigerate the left-overs.

Nutrition information calculated in MyFitnessPal.

Nutrition Facts

Servings 6.0

Amount Per Serving	
calories 99	
	% Daily Value *
Total Fat 2 g	3 %
Saturated Fat 0 g	2 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 32 mg	11 %
Sodium 392 mg	16 %
Potassium 50 mg	1 %
Total Carbohydrate 17 g	6 %
Dietary Fiber 2 g	9 %
Sugars 3 g	
Protein 5 g	10 %
Vitamin A	2 %
Vitamin C	25 %
Calcium	2 %
Iron	5 %