Cleo Coyle's Light Strawberry Shortcake Muffins

Text and photos (c) by Alice Alfonsi who writes [The Coffeehouse Mysteries](#) as [Cleo Coyle](#) with her husband, Marc Cerasini.

This is one of my favorite muffins. It has the taste of a strawberry shortcake, but with less fat and calories, making this a lovely breakfast or coffee-break snack. If you'd like to make it richer, simply replace the low-fat milk with whole milk, half-and-half, or heavy cream. However you decide to bake them, I hope you will eat with plenty of joy! ***~ Cleo***

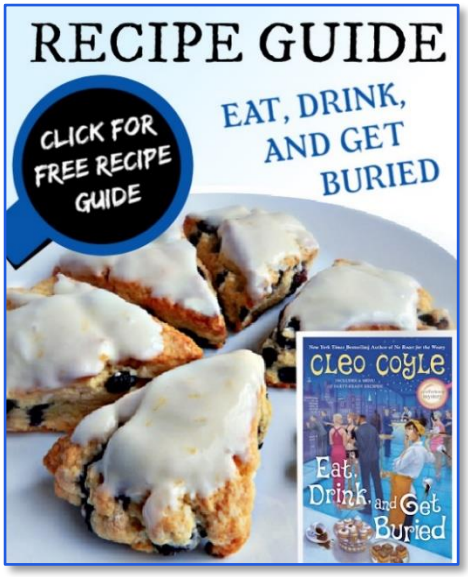
Makes 6 standard muffins

Ingredients

4 – 5 ounces ripe strawberries *(This equals about 4 medium, or 3 large, or 8 small berries. Or about 2/3 cup chopped.)*
1 Tablespoon white granulated sugar
1 large egg
1/4 cup white, granulated sugar
2 Tablespoons canola *(or vegetable or cold-pressed virgin coconut)* oil
1/3 cup low fat milk *(2% milk gives great results; for richer tasting muffins, use whole milk, half-and-half, or cream)*
1 teaspoon pure vanilla extract
1/8 teaspoon table salt
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1 cup all-purpose flour

Step 1 - Prep oven, pan, berries: Preheat oven to 350º F.
Line six muffin cups with paper holders and lightly coat the papers with non-stick spray.

Wash your strawberries and gently pat them dry with a paper towel. *(It's okay if they're still damp.)* Hull them *(see how on next page),* and chop them into small, uniform pieces. You'll retain more of the juices if you slice them over a small bowl. Once chopped, the strawberries should fill 2/3 cup and no more. Sprinkle berries with 1 tablespoon sugar, toss well, and set bowl aside.



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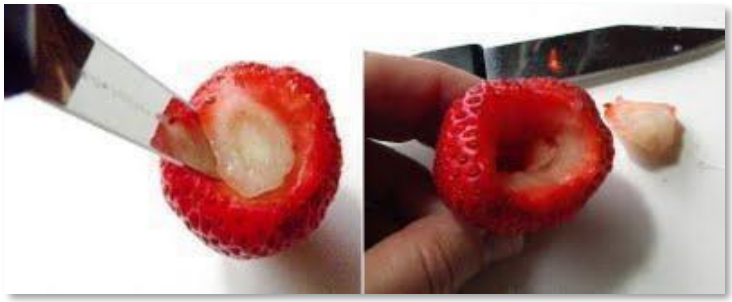
How to hull a strawberry: *Pinch off the green stem. Using a small, sharp knife, cut around the berry's crown (or move the berry in a circular motion against the blade). Remove the fibrous, white conical-shaped core, leaving as much fruit intact as possible.*



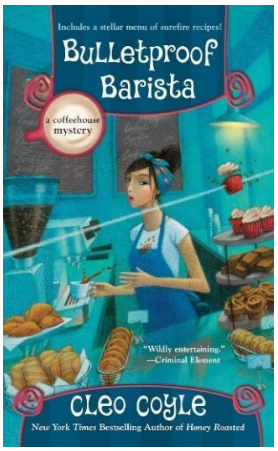
Step 2 - Make batter with one bowl mixing method: Crack egg into a mixing bowl and gently beat with a whisk or fork. Add ¼ cup sugar, oil, milk, vanilla, salt, baking powder, and baking soda, and whisk until blended. Add chopped strawberries from Step 1. Be sure to include any strawberry juices that may have accumulated at the bottom of the strawberry bowl. Stir to blend.

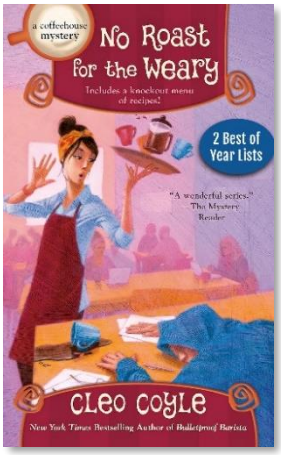
Step 3 - Add dry ingredients: Measure flour and pour into the bowl with your wet ingredients. With a spoon or spatula, mix the dry and wet ingredients to form a lumpy batter. Do not over mix at this stage or your muffins will be tough instead of tender, but be sure to blend all the raw flour completely into the batter.

Step 4 - Bake: This batter will make 6 standard muffins so divide it up evenly among your paper-lined cups (be sure to lightly coat the papers with non-stick spray). Bake in a well preheated 350º oven for 25 to 30 minutes. The muffins are not done baking until the tops have turned golden brown.

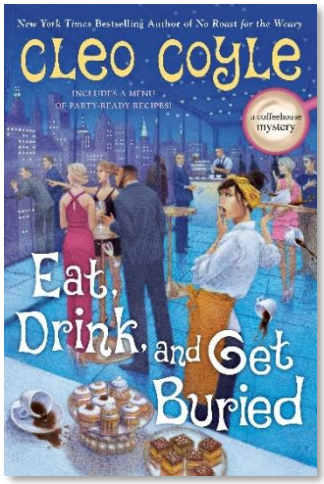
Cooling and storing: Allow the muffins to cool for five minutes in the pan. Remove and finish cooling on a wire rack. Once they're completely cool, you can wrap them in plastic and store them in the refrigerator. A little butter, a cuppa joe, and you're set for breakfast, a coffee break, or late-night snack. May you...

Eat (and read) with joy! ~ Cleo





The Coffeehouse Mysteries are bestselling culinary mysteries, set in a landmark Greenwich Village coffeehouse. Each includes the added bonus of recipes.
To learn more and see more recipes, visit Cleo Coyle's online coffeehouse at www.CoffeehouseMystery.com
And her recipe blog at www.CleoCoyleRecipes.com



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