



Whole-Wheat Cranberry Muffins

Recipe courtesy of The American Heart Association



Servings: 12

Serving Size: 1 muffin

Ingredients

- Cooking spray
- $\frac{3}{4}$ cup uncooked, quick-cooking oatmeal
- $\frac{1}{2}$ cup whole-wheat flour
- $\frac{1}{2}$ cup all-purpose flour
- $\frac{1}{2}$ cup firmly packed light brown sugar
- $\frac{1}{2}$ cup dried, unsweetened cranberries
- $\frac{1}{4}$ cup toasted wheat germ
- 2 teaspoons baking powder
- $\frac{1}{4}$ teaspoon baking soda
- $\frac{3}{4}$ cup 100% pineapple juice
- Egg substitute equivalent to 1 egg, or 1 large egg
- 1 tablespoon canola oil -OR- 1 tablespoon corn oil
- 2 tablespoons unsalted sunflower seeds

Nutrition Facts | 143 Calories Per Serving

Total Fat	2.5 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	1.0 g
Cholesterol	0 mg
Sodium	108 mg
Total Carbohydrate	28 g
Dietary Fiber	2 g
Sugars	15 g
Protein	3 g

Dietary Exchanges

1 fruit, 1 other carbohydrate



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Directions

- 1** Preheat the oven to 400°F. Lightly spray a 12-cup muffin pan with cooking spray or put paper muffin cups in the pan.
- 2** In a medium bowl, stir together the oatmeal, flours, brown sugar, cranberries, wheat germ, baking powder, and baking soda. Make a well in the center. Pour the pineapple juice, egg substitute, and oil into the well, stirring until just moistened. Do not overmix; the batter should be slightly lumpy. Spoon the batter evenly into the muffin cups. Sprinkle with the sunflower seeds.
- 3** Bake for 11 to 12 minutes, or until a wooden toothpick inserted in the center of a muffin comes out clean. These muffins don't need a cooling time before removing from the pan.

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