



Cranberry Nut Muffins

Servings: 12 muffins

Source: High Fit Low Fat Vegetarian cookbook

Ingredients

2 egg whites
2/3 cup orange juice
1 teaspoon orange zest
¾ cup sugar
1 Tablespoon canola oil
½ cup all-purpose flour
¾ cup whole grain wheat flour or barley flour
½ cup oat bran
1 teaspoon baking powder
¼ teaspoon salt
1 ½ cups cranberries (fresh or frozen), coarsely chopped
¼ cup walnuts, lightly toasted
vegetable cooking spray

Preparation

1. Preheat oven to 400°F.
2. In 1 bowl, combine egg whites, orange juice, orange zest, sugar and canola oil.
3. In a separate bowl, combine flours, oat bran, baking powder and salt.
4. Mix the dry ingredients into the liquid ingredients.
5. Fold in the flour-dusted* cranberries and nuts.
6. Spray muffin tins lightly with vegetable cooking spray and fill 2/3 full with batter.
Bake in preheated oven for approximately 20 minutes or until pick inserted into center of muffin comes out clean.

Nutrition Information (per muffin)

144 calories (20% calories from fat), 3 grams total fat, (0.3 grams saturated fat), 3 grams protein, 28 grams carbohydrate, 0 mg cholesterol, 99 mg sodium, 2.4 grams dietary fiber, 34 mg calcium

Tips

* If using fresh berries, a quick tip to avoid sinking fruit is to dust the cranberries with 2 tablespoons of all-purpose flour prior to adding them to the recipe.