

Heart Healthy Recipes

Regular Cranberry Muffins

Heart Healthy Cranberry Muffins

2 cups	All-Purpose Flour	500 mL	½ cup	Quick Cooking Rolled Oats	125 mL
½ cup	Sugar	125 mL	½ cup	Oat Bran	125 mL
1 ½ tsp	Baking Powder	7 mL	½ cup	All-Purpose Flour	125 mL
1 tsp	Baking Soda	5 mL	½ cup	Whole Wheat Flour	125 mL
½ tsp	Salt	2 mL	¼ cup	Wheat Germ	50 mL
1 cup	Whole Milk	250 mL	⅓ cup	Sugar	60 mL
1	Egg	1	1 ½ tsp	Baking Powder	7 mL
½ cup	Melted Butter	125 mL	1 tsp	Baking Soda	5 mL
½ cup	Dried Cranberries	125 mL	½ tsp	Salt	2 mL
			1 ½ cup	Mashed Ripe Banana*	375 mL
			2	Egg Whites	2
			3 Tbsp	Vegetable Oil	45 mL
			1 cup	Fresh or Frozen Cranberries	250 mL

Preheat oven to 190° C (375° F). Combine dry ingredients in a large bowl. Set aside. Combine wet ingredients together in a separate bowl, mix until smooth. Add wet ingredients to dry ingredients and mix until just moistened. Add cranberries and mix gently. Put paper muffin cups into a large muffin tin. Divide batter evenly. Bake for approximately 15 minutes or until tooth pick comes out clean when inserted into the center of the muffin. Makes 12 large muffins.

Tips for Changing Recipes

- Replace some of the all-purpose flour in a recipe with whole wheat flour, oatmeal or oat bran to increase fibre.
- You can lower the sugar content by ¼ in most baked foods without affecting the end product.

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- Use skim milk, 1% milk, mashed fruit or a combination instead of whole milk to decrease fat. *Note: If using mashed bananas you may find freezing them first helps release more of their natural water content which will improve the consistency of the batter.
- Replace 1 whole egg with 2 egg whites in baking to decrease fat and cholesterol.
- Replace melted butter with 25% less oil to decrease saturated fat.
- Use fresh or frozen cranberries instead of dry cranberries to decrease sugar content.

Notes



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