WHOLE-WHEAT CRANBERRY MUFFINS

Yield: 12 Servings    Cook Time: 11-12 minutes

Nutrition: 143 calories, 2.5 g fat, 28 g carbohydrates, 2 g fiber, 3 g protein, 108 mg sodium

INGREDIENTS:

- ¾ cup uncooked quick oatmeal
- ½ cup whole-wheat flour
- ½ cup all-purpose flour
- ½ cup firmly packed light brown sugar
- ½ cup sweetened dried cranberries
- ¼ cup toasted wheat germ
- 2 teaspoons baking powder
- ¼ teaspoon baking soda
- ¼ cup pineapple juice
- Egg substitute equivalent to 1 egg
- 1 tablespoon canola or corn oil
- 2 tablespoons unsalted sunflower seeds
- Cooking Spray (optional)

DIRECTIONS:

1. Preheat the oven to 400 degrees. Lightly spray a 12-cup muffin pan with cooking spray or put paper muffin cups in 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 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 sunflower seeds.
3. Bake for 11 to 12 minutes, or until a wooden toothpick inserted in center of a muffin comes out clean. These muffins don’t need a cooling time before removing from the pan.

Source: American Heart Association