



Cranberry Lover's Muffins

This muffin has 65% fewer calories, 64 % less fat and 50% more fiber than a Honey Dew Donuts cran-orange nut muffin.

Makes 12 muffins

1 egg (or ½ cup Egg Beaters)
1 C. orange juice
1/3 C. canola oil
Grated rind of one orange
2 C. whole wheat flour
½ C. sugar
½ tsp. baking soda
½ tsp. baking powder
½ C. chopped walnuts (optional)
1 heaping C. whole raw cranberries

- Beat egg in large bowl. Add oil, orange juice and grated rind.
- In a separate bowl, mix flour, sugar, baking soda and baking powder. Stir in cranberries and walnuts.
- Add flour mixture to the wet ingredients and stir until all the flour is wet.
- Spray muffin tin with cooking spray. Spoon batter into muffin tins.
- Bake at 375 degrees for 24 minutes (until golden brown). Cool in the pan for a few minutes and remove.

Nutritional information:

Calories: 200	Total Fat: 10g
Saturated Fat: < 1g	Cholesterol: 15mg
Carbohydrates: 27.g	Dietary Fiber: 3g
Protein: 4g	