

Cranberry Pecan Muffins

Ingredients

1 3/4 cups whole wheat pastry flour	1 cup chopped fresh cranberries
1/3 cup packed brown sugar	2 egg whites, beaten
2.5 teaspoons baking powder	1/4 cup chopped pecans
1/8 teaspoon salt	1/4 cup chocolate chips
3/4 cup unsweetened soy milk	1 teaspoon grated lemon peel
1/4 cup unsweetened applesauce	

Instructions

1. Preheat oven to 400 degrees F. Grease or paper-line 12 muffin cups.
2. Combine flour, brown sugar, baking powder and salt in large bowl and mix together.
3. Combine milk, applesauce and egg in small bowl and mix together.
4. Stir liquid mixture into dry mixture until just moistened.
5. Fold in cranberries, pecans, chocolate chips and lemon peel.
6. Spoon batter into muffin cups, filling almost full.
7. Bake 15-17 minutes or until toothpick inserted into centers comes out clean. Remove from pans and cool on wire rack.

Kitchen Classroom

Cranberries are an antioxidant powerhouse! One cup of cranberries has 8,983 total antioxidant capacity. They are also low in calories, with 1 cup containing only 45 calories.

Cranberries are available year-round in the frozen section and fresh in the fall and winter. Fresh cranberries can be stored in a sealed plastic bag for approximately 2 months in the refrigerator.

Cooked cranberries can last up to 1 month in the refrigerator.

Source: WebMD

Nutrition Information per serving

Serving Size: 1 muffin, makes 12

Calories: 120

Fat: 3.5 gm

Sodium: 140 mg

Fiber: 2 gm

Carbohydrates: 21 gm

Protein: 3 gm

