



RECIPE OF THE Month

Cranberry Oat Muffins

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| 1 cup whole fresh cranberries | ¼ cup egg substitute |
| ⅓ cup white sugar | 1 cup whole-wheat pastry flour |
| 1 cup rolled oats | 1 tsp baking powder |
| 1 cup buttermilk | ½ tsp baking soda |
| ⅓ cup light tub margarine | 1 tsp salt |
| ½ cup brown sugar substitute | ½ cup chopped walnuts |

- 1 Combine cranberries and sugar; set aside 45 minutes.
- 2 Combine oats and buttermilk in separate bowl.
- 3 In large bowl, mix margarine, brown sugar, egg.
- 4 In another bowl mix flour, baking powder, baking soda, and salt.
- 5 Combine walnuts and other ingredients, gently folding in cranberries.
- 6 Drop into baking cups and bake at 400°F for 25 minutes.

MAKES 20 MUFFINS.

PER MUFFIN: 123 calories | 2.8g protein | 5.4g fat | 15g carbs | 1g fiber | 202mg sodium