

## Heart Healthy Recipes

### Regular Cranberry Muffins

All-Purpose Flour	2 cups (500 mL)
Sugar	1/2 cup (125 mL)
Baking Powder	1.5 tsp (7 mL)
Baking Soda	1 tsp (5 mL)
Salt	1/2 tsp (2 mL)
Whole Milk	1 cup (250 mL)
Egg	1
Melted Butter	1/2 cup (125 mL)
Dried Cranberries	1/2 cup (125 mL)

### Heart Healthy Cranberry Muffins

Quick Cooking Rolled Oats	1/2 cup (125 mL)
Oat Bran	1/2 cup (125 mL)
All-Purpose Flour	1/2 cup (125 mL)
Whole Wheat Flour	1/2 cup (125 mL)
Wheat Germ	1/4 cup (50 mL)
Sugar	1/3 cup (60 mL)
Baking Powder	1.5 tsp (7 mL)
Baking Soda	1 tsp (5 mL)
Salt	1/2 tsp (2 mL)
Mashed Ripe Banana*	1.5 cup (375 mL)
Egg Whites	2
Vegetable Oil	3 tbsp (45 mL)
Fresh or Frozen Cranberries	1 cup (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 1/4 in most baked foods without affecting the end product.
- 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.

**This information is not meant to replace the medical counsel of your Doctor or individual consultation with a Registered Dietitian.**



## Notes

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