

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)

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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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