Get some fiber with these tasty muffins. Great as a breakfast or a quick snack on the go.
Nutrition Facts

Whole-Wheat Cranberry Muffins

Calories 143 Per Serving

Protein 3g Per Serving

Fiber 2g Per Serving

View Full Nutritional Info

Nutrition Facts

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| **Calories** | 143  |
| **Total Fat** | 2.5 g |
|  | Saturated Fat | 0.5 g |
|  | Trans Fat | 0.0 g |
|  | Polyunsaturated Fat | 1.0 g |
|  | Monounsaturated Fat | 1.0 g |
| **Cholesterol** | 0 mg |
| **Sodium** | 108 mg |
| **Total Carbohydrate** | 28 g |
|  | Dietary Fiber | 2 g |
|  | Sugars | 15 g |
| **Protein** | 3 g |

**Dietary Exchanges**
1 fruit, 1 other carbohydrate

Ingredients

**Servings**  4   **Serving Size**   1 muffin

* **Cooking spray** (optional)
* 3/4 cup uncooked, quick-cooking **oatmeal**
* 1/2 cup whole-wheat **flour**
* 1/2 cup all-purpose **all-purpose flour**
* 1/2 cup firmly packed **light brown sugar**
* 1/2 cup sweetened, dried **cranberries**
* 1/4 cup toasted **wheat germ**
* 2 teaspoon **baking powder**
* 1/4 teaspoon **baking soda**
* 3/4 cup **pineapple juice**
* **Egg substitute** equivalent to 1 egg, or 1 large egg
* 1 tablespoon **canola oil**

OR

* 1 tablespoon **corn oil**
* 2 tablespoon unsalted **sunflower seeds**

Directions

1. Preheat the oven to 400°F. Lightly spray a 12-cup muffin pan with cooking spray or put paper muffin cups in the pan.
2. In a medium bowl, stir together the oatmeal, flours, brown sugar, cranberries, wheat germ, baking powder, and baking soda. Make a well in the center. Pour the pineapple juice, egg substitute, and oil into the well, stirring until just moistened. Do not overmix; the batter should be slightly lumpy. Spoon the batter evenly into the muffin cups. Sprinkle with the sunflower seeds.
3. Bake for 11 to 12 minutes, or until a wooden toothpick inserted in the center of a muffin comes out clean. These muffins don’t need a cooling time before removing from the pan.

Quick Tips

**Tip:** Serving size 1 muffin