

# Whole-Wheat Cranberry Muffins

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

- 1 muffin serving size
- 143 Calories per serving
- .5 g Saturated Fat per serving
- 108 mg Sodium per serving

## Ingredients

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- + **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

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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.