



## NOTES

These muffins offer a lower-sodium alternative to other muffins commonly served for breakfast.

# Cranberry Orange Muffins

Yields 12 Muffins

## INGREDIENTS

1 1/2 cups dried cranberries soaked in boiling water for 10-20 minutes	1/3 cup of vegetable oil
2 cups of whole wheat flour blend	3/4 cup of honey
1 tsp baking powder	2 eggs
1/2 tsp baking soda	1 cup of plain Greek yogurt
1/4 tsp salt	2 tsp vanilla extract
	Zest from 1 medium orange

## DIRECTIONS

1. Preheat oven to 400 degrees. Grease 12 cups in muffin tin.
2. Roughly chop cranberries until they are broken into smaller pieces.
3. In a large mixing bowl, combine flour, baking powder, baking soda and salt. Stir to combine.
4. Pour the wet ingredients into the dry and mix just until combined. A few lumps are expected.
5. Divide batter evenly between the 12 muffin cups and bake for 15-18 minutes, or until the muffins are golden on top and a toothpick inserted into a muffin comes out clean.
6. Place muffins on rack to cool. You may need to run a knife around the edge of the muffin tin to loosen them from the pan. Freeze leftover muffins for up to 3 months.



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# Healthy Pumpkin Muffins

Yields 12 Muffins

## INGREDIENTS

1 3/4 cups of whole wheat flour blend	1/3 cup vegetable oil
1 tsp baking soda	1/2 cup honey
1/4 tsp salt	1/4 cup milk
1 1/2 tsp pumpkin spice blend (or 1/2 tsp ground cinnamon, 1/2 tsp ground ginger, 1/4 tsp nutmeg and 1/4 tsp ground allspice or cloves	2 eggs
	1 cup pumpkin puree
	1 tsp vanilla extract
	1 cup chocolate chips (optional)

## DIRECTIONS

1. Preheat oven to 325 degrees. Grease 12 cups in a muffin tin.
2. In a large mixing bowl, combine flour, baking soda, spice blend and salt. Stir to combine. If using chocolate chips, add now.
3. In another mixing bowl, combine vegetable oil, honey, milk, eggs, pumpkin puree and vanilla. Mix well.
4. Pour the wet ingredients into the dry and mix just until well combined. A few lumps are expected.
5. Divide batter evenly between the 12 muffin cups and bake for 15-18 minutes, or until the muffins are golden on top and a toothpick inserted into a muffin comes out clean.
6. Place muffin tin on rack and allow to cool. These are delicate until cooled. You may need to run a knife around the edge of the muffin tin to loosen them from the pan. Freeze leftover muffins for up to 3 months.



# Basic Cornbread Muffins

Yields 12 Muffins

## INGREDIENTS

1 1/4 cups buttermilk, milk or yogurt	1/2 cup all-purpose flour
2 tablespoons butter, olive oil or vegetable oil	1 1/2 teaspoons baking powder
1 1/2 cups medium grind cornmeal	1/2 teaspoon salt
	1 egg

## DIRECTIONS

1. Preheat oven to 400 degrees.
2. Combine dry ingredients in a bowl. Combine wet ingredients in another bowl. Add wet ingredients to dry ingredients just until well-combined. Do not over-mix. Batter may be lumpy.
3. Divide batter evenly between the 12 muffin cups and bake for 20-30 minutes, or until the muffins are golden on top and a toothpick inserted into a muffin comes out clean.
4. Place muffins on rack to cool. You may need to run a knife around the edge of the muffin tin to loosen them from the pan. Freeze leftover muffins for up to 3 months.



## Ideas for Modifications

- 1/2 cup cooked chopped spinach, broccoli or corn, and 1/2 cup grated cheese (low-fat, low-sodium)
- Minced jalapenos or green chiles, to taste, and 1/2 cup grated cheese
- 2 tablespoons of minced herbs
- Corn and bean bread: Use 2 eggs in place of one, use 1 cup of buttermilk, omit the white flour and use 1 1/2 cup of strained and pureed white beans, added to the milk-egg mixture before adding the dry ingredients. You could add a tablespoon of rosemary or thyme for additional flavor.