



## Low-Fat Oat Flour Cranberry Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



9

CALORIES



372 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 1 teaspoons double-acting baking powder
- ☐ 0.5 cup cherries dried
- ☐ 0.8 cup milk fat free
- ☐ 2 tablespoons non-fat yogurt plain
- ☐ 2 tablespoons water/milk
- ☐ 0.8 cup oat flour
- ☐ 3 tablespoons oil (Any Flavorless Oil)
- ☐ 1 teaspoon orange peel shredded (I used 2 tablespoons Orange Juice instead)

- ☐ 9 servings to sprinkle on top cooking oats quick (Optional)
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 0.3 cup walnut chopped
- ☐ 1 cup flour whole wheat white

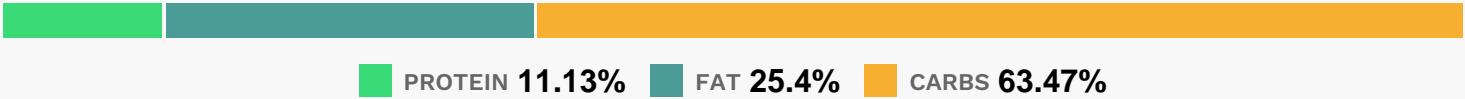
## Equipment

- ☐ bowl
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners

## Directions

- ☐ Preheat oven to 400F for 15 minutes. Line muffin pans with paper liners. In a medium bowl sift together the flours, salt, baking powder.
- ☐ Add sugar, dried fruit and the nuts.
- ☐ Combine well. Make a well in the center and set aside. In a liquid measuring mug measure the milk, add the yogurt, orange juice (or peel) and whisk well.
- ☐ Add the wet ingredients to the flour all at once and stir just until combined. Do not over mix. At this point I felt that the batter was very thick, so I added another 2 tablespoons of milk. The consistency felt right after adding the milk. Now spoon batter into prepared muffin cups, filling each two thirds full. I have a ladle which holds 3 tablespoons of batter and it's the perfect amount to bake the perfect sized muffins.
- ☐ Sprinkle oats on top, if using.
- ☐ Bake in the preheated oven for 18–20 minutes or until golden and a wooden toothpick inserted in centers comes out clean. Mine was done by 19 minutes. Cool in muffin cups on a wire rack for 5 minutes.
- ☐ Remove from muffin cups; serve warm (See Taste).

# Nutrition Facts



## Properties

Glycemic Index:41.15, Glycemic Load:23.63, Inflammation Score:-6, Nutrition Score:14.724782583506%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

## Nutrients (% of daily need)

Calories: 372.23kcal (18.61%), Fat: 10.9g (16.77%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 61.27g (20.42%), Net Carbohydrates: 54.67g (19.88%), Sugar: 16.88g (18.75%), Cholesterol: 1.28mg (0.43%), Sodium: 128.82mg (5.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.74g (21.48%), Manganese: 2.23mg (111.73%), Magnesium: 131.35mg (32.84%), Phosphorus: 281.13mg (28.11%), Fiber: 6.6g (26.39%), Selenium: 17.85µg (25.49%), Vitamin B1: 0.31mg (20.82%), Iron: 2.83mg (15.73%), Zinc: 1.85mg (12.31%), Copper: 0.25mg (12.28%), Calcium: 107.97mg (10.8%), Vitamin E: 1.19mg (7.95%), Potassium: 260.67mg (7.45%), Vitamin B2: 0.11mg (6.39%), Vitamin A: 290.58IU (5.81%), Folate: 20.32µg (5.08%), Vitamin K: 5.03µg (4.8%), Vitamin B5: 0.44mg (4.36%), Vitamin B6: 0.09mg (4.32%), Vitamin B3: 0.55mg (2.74%), Vitamin B12: 0.16µg (2.69%), Vitamin D: 0.26µg (1.74%)