

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

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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
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