



October 6- Orange Cranberry Yogurt Muffins

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=341132>

Recipe

Ingredients:

- ½ cup fresh orange juice
- 1 ½ teaspoon grated orange zest
- 2/3 cup dried cranberries
- 1 cup all-purpose flour
- 1 cup quick oats
- ½ cup sugar
- 1 ½ teaspoon baking soda
- ½ cup egg beaters
- 1 cup fat-free vanilla yogurt
- ¼ cup butter

Directions:

1. Preheat oven to 375°F. Coat muffins with non-stick spray.
2. Combine dried cranberries with ¼ cup orange juice; set aside.
3. Sift together flour and baking soda. Add sugar and oats; stir well.
4. In separate bowl, blend egg, orange juice, yogurt and butter. Pour egg mixture into flour mixture. Add orange zest and cranberries.
5. Scoop mixture into prepared muffin tins. Bake for 20 minutes.

Yield 18 servings

Nutrition Facts

Serving Size 1 muffin (52.48g)
Servings Per Container 18

Amount Per Serving

Calories 120 Calories from Fat 25

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 210mg **9%**

Total Carbohydrate 20g **7%**

Dietary Fiber <1g **4%**

Sugars 11g

Protein 3g **5%**

Vitamin A 4% • Vitamin C 6%

Calcium 4% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.