

Heart-helper muffins

Here's a muffin packed with antioxidants in the apples, cranberries and nuts, fiber in the oats and even cinnamon to cut blood sugar. All benefit your cardiovascular system.

OATMEAL APPLE MUFFINS

1 egg

$\frac{3}{4}$ cup fat-free half-and-half

3 Tbs. canola or olive oil

$\frac{1}{3}$ cup Splenda or sugar

1 medium apple, peeled
and chopped

$\frac{3}{4}$ cup dried cranberries or raisins

$\frac{1}{2}$ cup walnut pieces

1 cup whole-wheat flour

1 cup quick-cooking oats

$\frac{1}{4}$ tsp. salt

1 Tb. baking powder

$\frac{1}{2}$ tsp. nutmeg

2 tsp. cinnamon



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Preheat oven to
450 degrees.

In a bowl, beat
together egg, half-and-half, oil and
Splenda (or sugar). In a large bowl,
combine remaining ingredients. Fold egg
mixture into dry mixture, just to moisten.

Fill non-stick muffin tins $\frac{3}{4}$ full. Bake
15 to 20 minutes.

MAKES 12 ■ PER MUFFIN: 173 calories, 4g protein,
23g carbohydrates, 8g fat (1g saturated),
20mg cholesterol, 3g fiber, 192mg sodium