

Heart-Smart Sweet Potato Muffins

Watching your cholesterol and weight? These are low in fat, and high in beta carotene and potassium for a healthy heart.

Cooking spray	½	teaspoon salt
1 cup whole-wheat flour	1	cup skim milk
1 cup all-purpose flour	2	egg whites
½ cup packed brown sugar	1	tablespoon canola oil
2½ teaspoons baking powder	1	cup finely grated raw sweet potato
½ teaspoon ground cinnamon	½	cup finely chopped dried pears
⅛ teaspoon ground cloves	1	to 2 tablespoons turbinado sugar

1. Preheat oven to 375F. Coat 12 muffin cups with cooking spray.
2. Combine whole-wheat flour and next six ingredients (*whole-wheat flour through salt*) in a mixing bowl.
3. Combine milk, egg whites and oil in a separate bowl. Whisk well.
4. Make a well in the center of dry ingredients. Pour wet ingredients into the well and stir until just combined. Gently fold in sweet potato and pears.
5. Fill muffin cups two-thirds full. Sprinkle with turbinado sugar. Bake 18 to 20 minutes, until centers spring back when touched. Makes 12 muffins.

Per muffin: 150 calories, 1.5g fat, 0mg chol., 4g prot., 32g carbs., 2g fiber, 240mg sodium.

Help Your Heart with sweet potatoes, dried pears, whole-wheat flour and cinnamon.

(Continued on page 14)