



# Recipes

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### Apple-Cranberry Muffins

**Total Time:** 57 min

**Prep:** 10 min

**Cook:** 22 min

**Serves:** 12

#### Ingredients:

- 2 tbsp(s) - packed light brown sugar
- 1 tbsp (s) - unsalted butter, cut into small pieces
- 2 tbsp(s) – toasted chopped walnuts
- 3/4 cup - fresh cranberries or frozen
- 1 cup – all-purpose flour
- 1 cup - whole wheat flour
- 2 tsp(s) - baking powder
- 1/2 cup - baking soda
- 3/4 cup - ground cinnamon
- 1/4 tsp(s) - table salt
- 3/4 cup - plain fat free Greek yogurt
- 1/2 cup - fat free skim milk,
- 1/4 cup(s) - canola oil
- 1/2 cup(s) - sugar, granulated
- 1 large - Egg
- 1 tsp(s) - vanilla extract
- 1 small, peeled, cored and finely chopped (about 1/2 cup)
- 12 sprays(s) - cooking spray

#### Directions:

Preheat oven to 375°F. Line 12-cup muffin pan with paper liners; spray liners with non-stick spray. To make streusel, stir together 2 tablespoons all-purpose flour and brown sugar in small bowl. Add butter and use fingers to blend butter into flour until mixture resembles coarse crumbs. Stir in walnuts. Set aside.

To make muffins, put cranberries into food processor and pulse until coarsely chopped, 3–4 times. Set aside.

Whisk together 1 cup all-purpose flour, whole wheat flour, baking powder, baking soda, cinnamon, and salt in large bowl. Whisk together yogurt, milk, oil, sugar, egg, and vanilla in medium bowl. Add yogurt mixture, cranberries, and apple to flour mixture and stir just until moistened. Divide batter evenly among prepared muffin cups. Sprinkle evenly with streusel.

Bake until toothpick inserted into center of muffins comes out clean, about 22 minutes. Cool in pan on wire rack 10 minutes. Remove muffins from pan and cool completely on rack.  
Per serving: 1 muffin.