

FEBRUARY HEART HEALTH

WHOLE-WHEAT CRANBERRY MUFFINS

Whole Grains: The inclusion of oats, whole-wheat flour, and wheat germ means this recipe is rich in whole grains. Whole grains are high in dietary fiber, which can help lower LDL (bad) cholesterol levels, reduce the risk of heart disease, and promote overall heart health.

Unsweetened Cranberries: Dried, unsweetened cranberries are a good source of antioxidants, particularly flavonoids, which can help reduce inflammation and oxidative stress in the body. This can contribute to heart health by protecting against cardiovascular diseases.

Healthy Fats: Canola oil and sunflower seeds provide healthy fats, including monounsaturated and polyunsaturated fats. These fats can help improve cholesterol levels, reduce inflammation, and lower the risk of heart disease when consumed as part of a balanced diet.

INGREDIENTS:

Servings: 12 (1 or 1/2 each)

Ingredients:

- Cooking spray
- 3/4 C quick cook oats
- 1/2 C whole-wheat flour
- 1/2 C all-purpose flour
- 1/2 C packed brown sugar
- 1/2 C dried, unsweetened cranberries
- 1/4 C toasted wheat germ

Ingredients:

- 2 tsp baking powder
- 1/4 tsp baking soda
- 3/4 C pineapple juice
- 1 large egg
- 1 tbsp canola oil
- 2 tbsp unsalted sunflower seeds

Directions:

- Preheat oven to 400°F. Spray a 12-cup muffin pan with cooking spray.
- In a bowl, mix the oatmeal, flours, brown sugar, cranberries, wheat germ, baking powder, and baking soda. Make a well in the center. Pour the pineapple juice, egg, 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.
- Bake for 11 to 12 minutes, or until a wooden toothpick inserted in the center of a muffin comes out clean.

Nutrition Facts	
Calories	143
Total Fat	2.5 g
Saturated Fat	0.5 g
Trans Fat	0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	1.0 g
Cholesterol	16 mg
Sodium	108 mg
Total Carbohydrate	28 g
Dietary Fiber	2 g
Sugars	15 g
Added Sugars	9 g
Protein	3 g



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