

Cranberry Muffins

(makes 12 muffins)

- refrigerated butter-flavored cooking spray
- 1 large egg
- 1/2 cup skim milk
- 3 tablespoons canola oil
- 1/2 cup plain nonfat yogurt
- 1/3 cup one-to-one sugar substitute such as Splenda®
- 2 cups unsifted unbleached all-purpose flour
- 1/4 cup dry nonfat milk powder
- 4 tsp baking powder
- 1 1/2 tsp baking soda
- 1/2 tsp salt
- 1 1/2 cups fresh or frozen (unthawed) cranberries, coarsely chopped
- 2 tablespoons granulated sugar
- 1/4 teaspoon ground cinnamon

1. Position oven rack in the middle of the oven and preheat the oven to 400°F. Lightly coat twelve 2 1/2-inch muffin cups with cooking spray or line with paper liners.
2. In a large bowl, beat together egg, milk, oil, yogurt, and sugar substitute. Sift flour, baking powder, baking soda, and salt into the egg mixture. Stir until just blended. Do not overmix. Stir in the cranberries.
3. Spoon mixture into prepared muffin cups, filling 2/3 full. Combine the granulated sugar and cinnamon. Sprinkle on top of each muffin. Bake for 20 minutes, or tops are golden brown and a tester inserted into the center of a muffin comes out clean. Cool the muffins in the pan on a rack for 5 minutes, then remove muffins and serve warm.

Per 1 muffin serving:

148 calories 4 g total fat
26 g carbohydrates,
1 g dietary fiber

