

VYP

Vary Your Protein Recipe Series

Recipe Category: Hot or Cold Side Dish

Raisin or Cranberry Cinnamon Muffins

Yield: 12 servings, 1 muffin each

- 1/2 cup raisins or dried cranberries
- 2 tablespoons hot water
- 1 1/2 cups cooked chickpeas, cooked without salt, rinsed and drained
- 1/2 cup packed brown sugar
- 1 raw egg or 1/4 cup pasteurized egg substitute
- 3/4 cup skim milk
- 1/4 cup vegetable cooking oil
- 1 cup whole wheat or all-purpose white flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 1/2 teaspoons ground cinnamon
- 1/4 teaspoon ground nutmeg

1. Wash your hands and work area.
2. Preheat oven to 400 degrees F.
3. Combine raisins or cranberries and hot water in a small bowl or cup. Set aside.
4. On a plate, mash chickpeas thoroughly with a fork.
5. In a mixing bowl, stir together mashed chickpeas, brown sugar, egg, milk, oil and soaked raisins or cranberries and water mixture. Set aside.
6. In a separate mixing bowl, combine flour, baking powder, baking soda, cinnamon and nutmeg. Mix well. Set aside.
7. Spray muffin tins with non-stick cooking spray.

(continued on reverse side)

For more information about healthy eating, contact your local extension office or log on to www.ksre.ksu.edu/humannutrition/. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," Jan. 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.



K-STATE

Research and Extension

Meal suggestion:

Serve with baked fish or chicken, steamed broccoli, wedges of cantaloupe and low-fat milk.

These fragrant muffins are a rich brown color. A hidden ingredient – mashed chickpeas – helps keep them moist and boosts their nutrient value. Each muffin is a good source of dietary fiber and calcium.

Nutrition Facts

Serving Size 1 muffin (75g)
Servings Per Container 12

Amount Per Serving	
Calories 180	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 150mg	6%
Total Carbohydrate 29g	10%
Dietary Fiber 3g	12%
Sugars 15g	

Protein 4g	
Vitamin A 2%	Vitamin C 0%
Calcium 10%	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

2 carbohydrate choices per serving.

Raisin or Cranberry Cinnamon Muffins *(Continued)*

8. Add wet mixture to the dry mixture. Stir 10 to 20 seconds. Do not overmix. Batter may still be lumpy.
9. Evenly divide mixture among the muffin cups, using about 1/4 cup batter for each muffin.
10. Bake for 15 minutes or until golden brown.
11. To serve hot, remove muffins from pan and serve immediately. Or, let cool and serve at room temperature. If desired, cooled muffins may be frozen in a moisture-proof freezer container for future use.