

Cranberry Walnut Muffins



PREPARATION TIME: 15 minutes

MAKES: 24 muffins

COOK TIME: 20-25 minutes

This recipe may be doubled if needed.

INGREDIENT	MEASUREMENT	METRIC
chopped walnuts	3/4 cup	90 grams
SPLENDA® No Calorie Sweetener Granular	3-3/4 cups	90 grams
all-purpose flour	4-1/2 cups	562 grams
baking powder	2 tablespoons	24 grams
baking soda	1 tablespoon	14 grams
cinnamon	1-1/2 teaspoons	3.5 grams
buttermilk	2 cups	490 grams
butter, melted	3/4 cup	168 grams
large eggs	6 eggs	300 grams
grated orange zest	1 tablespoon	6 grams
chopped fresh or frozen cranberries	2 cups	220 grams

PREHEAT oven to 375°F.

PLACE walnuts in a small baking pan; bake 5 to 8 minutes or until lightly toasted. Spray muffin pans with butter-flavored cooking spray. Set aside.

MIX SPLENDA® Granular, flour, baking powder, baking soda, and cinnamon together in a medium-sized mixing bowl. Set aside.

MIX buttermilk, melted butter, eggs and orange zest together in a small mixing bowl. Add to flour mixture. Mix gently to combine. Add walnuts and cranberries and stir until just blended.

SPOON batter into muffin cups. Bake in preheated 375°F oven 20-25 minutes or until a toothpick inserted in the center comes out clean.

NUTRITION INFORMATION PER SERVING

Serving Size: 1/8 recipe

Total Calories	210	Sodium	370mg
Calories from Fat	90	Total Carbohydrate	25g
Total fat	10g	Dietary Fiber	1g
Saturated Fat	4.5g	Sugars	2g
Cholesterol	70mg	Protein	5g

This recipe, when compared to a traditional recipe, has a 37% reduction in calories, a 16% reduction in fat, a 52% reduction in carbohydrates, and a 93% reduction in sugar!

DIETARY EXCHANGES

1-1/2 Starches
2 Fats

