Recipes

Carrot and Zucchini Muffins

Blueberry Ginger Muffins

Pear and Oatmeal Muffins
FOR ME, DECEMBER is a great month to have a little “muffin madness!” During this festive time of year, it’s nice to whip up fun breakfast treats. And the great thing about muffins is that you can really get creative.

You can also pack a nutritional punch into each muffin cup. Many of the muffins sold in bakeries are loaded with calories, fat, and sugar. You can easily make your own healthful alternative. The trick is to find flavorful ingredients and also keep the fat and sugar low enough to fit your food plan. I don’t think muffins should be terribly sweet; otherwise they’re more like cake. Just a small amount of sugar works fine, and the rest of the flavor can come from sweet spices and fruit.

Here are a few tips for success with your “Muffin Madness”:

- Replace some of your egg yolks with egg whites and use low-fat yogurt instead of butter.
- Don’t overbeat the batter. Only a few beats are necessary to obtain a light-textured muffin.
- Make sure the muffin cups are filled only about two-thirds full; the muffins will rise upon baking. They needn’t be overly “dry” when you remove them from the oven; just bake them until the batter is cooked through.
- Remove the muffins from the muffin pans immediately after baking or they will become slightly soggy. △
CARROT AND ZUCCHINI MUFFINS

Makes 1 dozen muffins/12 servings
Preparation Time: 15 minutes
Cooking Time: 15 to 17 minutes

1 cup all-purpose flour
½ cup whole-wheat flour
2 Tbsp. brown sugar
2 tsp. baking powder
1 tsp. cinnamon
Salt to taste
1 tsp. vanilla extract
1 egg
2 egg whites
½ cup each finely shredded carrot and zucchini
½ cup plain nonfat yogurt
2 tsp. grated lemon zest
¼ cup toasted walnut pieces

1. Preheat the oven to 400°F. Coat a 12-cup muffin pan with cooking spray.
2. In a large bowl, combine the flours, sugar, baking powder, cinnamon, and salt.
3. In a medium bowl, combine the vanilla, egg, and egg whites. Beat well. Add the remaining ingredients.
4. Add the egg mixture to the flour mixture and beat until just combined.
5. Fill each muffin cup two-thirds full with batter. Bake for 15 to 17 minutes until a tester comes out clean and muffins are lightly browned. Remove muffins from the pan and cool.

NUTRITION FACTS
Serving Size 1 muffin
Starch Exchanges 1
Fat Exchanges 0.5

AMOUNT PER SERVING
Calories 101; Calories From Fat 21; Total Fat 2 grams (Saturated Fat 0.3 grams)
Cholesterol 0 milligrams; Sodium 278 milligrams (without added salt)
Total Carbohydrate 16 grams (Dietary Fiber 1 gram; Sugars 4 grams)
Protein 4 grams
BLUEBERRY GINGER MUFFINS

Makes 1 dozen muffins /12 servings
Preparation Time: 15 minutes
Cooking Time: 15 to 20 minutes

1 cup all-purpose flour
½ cup whole-wheat flour
2 Tbsp. brown sugar
1 tsp. baking powder
¼ tsp. baking soda
Salt to taste
1 cup plain nonfat yogurt
1 egg
1 egg white
1 tsp. vanilla extract
¾ cup fresh blueberries, washed and dried
1 Tbsp. finely minced crystallized ginger
2 tsp. grated lemon zest

1. Preheat the oven to 400°F. Coat a 12-cup muffin pan with cooking spray.
2. In a large bowl, mix together the flours, sugar, baking powder, baking soda, and salt.
3. In a medium bowl, combine the yogurt, egg, and egg white. Beat well. Fold in the remaining ingredients. Add the egg mixture to the flour mixture and mix until just combined.
4. Fill the muffins cups two-thirds full with batter. Bake for 15 minutes until tester comes out clean and muffins are lightly browned. Remove muffins from pan and let cool.

NUTRITION FACTS
Serving Size 1 muffin
Starch Exchanges 1

AMOUNT PER SERVING
Calories 91
Calories From Fat 6
Total Fat 1 gram (Saturated Fat 0.2 grams)
Cholesterol 18 milligrams
Sodium 86 milligrams (without added salt)
Total Carbohydrate 18 grams (Dietary Fiber 1 gram; Sugars 5 grams)
Protein 4 grams

carbohydrates and you

Be aware that many “sugar-free” products contain carbohydrates that can increase your blood glucose (blood sugar) levels.
Always note the amount of carbohydrate listed on food labels.
“Free” foods (foods that have little or no effect on your blood glucose levels) are defined as having fewer than 20 calories or 5 grams or less of carbohydrate per serving. But don’t be misled: If you eat multiple servings of a Free food, the calories and carbohydrates can still mount up and must be counted in your food plan.
**PEAR AND OATMEAL MUFFINS**

Makes 1 dozen muffins/12 servings

**Preparation Time: 15 minutes**

**Cooking Time: 15 to 20 minutes**

- 1 cup all-purpose flour
- ½ cup whole-wheat flour
- 3 Tbsp. rolled oats
- 3 Tbsp. brown sugar
- 1 tsp. cinnamon
- ½ tsp. cloves
- ¼ tsp. nutmeg
- 1 tsp. baking powder
- ¼ tsp. baking soda
- Pinch salt
- 1 cup plain nonfat yogurt
- 1 egg
- 1 egg white
- 1 tsp. almond extract
- 1 medium pear, peeled, cored, and diced

1. Preheat the oven to 400°F. Coat a 12-cup muffin pan with cooking spray.
2. In a large bowl, combine the flours, oats, sugar, cinnamon, cloves, nutmeg, baking powder, baking soda, and salt.
3. In a medium bowl, combine the yogurt, egg, and egg white. Beat well. Add the extract and pear.
4. Add the egg mixture to the flour mixture and mix until just combined.
5. Fill the muffin cups two-thirds full with batter and bake for 15 minutes until a tester comes out clean and the muffins are lightly browned. Remove the muffins from the pan and let cool.

**NUTRITION FACTS**

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<tr>
<th>Serving Size</th>
<th>1 muffin</th>
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<td>Starch Exchanges</td>
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**AMOUNT PER SERVING**

- Calories 101
- Calories From Fat 7
- Total Fat 1 gram (Saturated Fat 0.2 grams)
- Cholesterol 18 milligrams
- Sodium 90 milligrams
- Total Carbohydrate 20 grams (Dietary Fiber 2 grams; Sugars 6 grams)
- Protein 4 grams

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**About The Author**

Robyn Webb, MS, LN, is a chef and food writer living in Alexandria, Va. Her latest cookbook, *Italian Diabetic Meals In 30 Minutes—Or Less!* is published by the American Diabetes Association. #4652-01; $14.95. This book, as well as other books by Robyn, can be ordered from the Association’s online bookstore at http://store.diabetes.org or by calling 1-800-232-6733. All Forecast recipes do not necessarily fit into every individualized diabetes food plan. Your own food plan, as well as advice from your physician or registered dietitian, should always supersede a recipe from this or any other publication.