



VitaMin

Vital health information in a minute!



Photo: Randy Mayor

Orange-cranberry wheat germ muffins

YIELD: 1 dozen (serving size: 1 muffin)

Ingredients

1 1/2 cups all-purpose flour (about 6 3/4 ounces)
1/2 cup raw wheat germ
1/2 cup sweetened dried cranberries
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon ground cinnamon
1/4 teaspoon salt
1/8 teaspoon ground nutmeg
3/4 cup packed brown sugar
1/4 cup canola oil
1 teaspoon grated orange rind
1/2 cup fresh orange juice
2 large eggs
Cooking spray
1 tablespoon turbinado sugar

Preparation

1. Preheat oven to 375°.
2. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 7 ingredients (through nutmeg) in a large bowl; stir with a whisk. Make a well in center of mixture.
3. Combine brown sugar, oil, rind, juice and eggs; stir with a whisk. Add egg mixture to flour mixture; stir just until combined. Spoon batter into 12 muffin cups coated with cooking spray. Sprinkle with turbinado sugar. Bake at 375° for 17 minutes or until muffins spring back when touched in center.

NUTRITIONAL INFORMATION

Amount per serving

Calories: 197

Calories from fat: 26%

Fat: 5.8 g

Saturated fat: 0.6 g

Monounsaturated fat: 3.1 g

Polyunsaturated fat: 1.6 g

Protein: 3.4 g

Carbohydrate: 33.8 g

Fiber: 1.2 g

Cholesterol: 35 mg

Iron: 1.7 mg

Sodium: 149 mg

Calcium: 54 mg

Source: Printed with permission from
Cooking Light, January 2008.

"Cigna" is a registered service mark and the "Tree of Life" logo is a service mark of Cigna Intellectual Property, Inc., licensed for use by Cigna Corporation and its operating subsidiaries. All products and services are provided exclusively by such operating subsidiaries and not by Cigna Corporation. Such operating subsidiaries include Connecticut General Life Insurance Company, Cigna Health and Life Insurance Company, Cigna Health Management, Inc., Cigna Behavioral Health, Inc. and vielife Limited. All models are used for illustrative purposes only.

848834 02/12 © 2012 Cigna. Some content provided under license.

