

FAVEDIETS



Healthy Muffins

25 Healthy Muffin
Recipes for All



"Everyday Recipes Made Lighter"

Healthy Muffins for All: 25 Healthy Muffin Recipes

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Letter from the Editors

Dear Healthy Cooking Enthusiast:

The perfect food item – try to imagine it. It would be portable, perfect for a snack or a meal, super easy to make and available in a wide variety of flavors. In the food world, is there a food more suited for an on-the-go lifestyle than a healthy muffin?

Muffins are the perfect treat, but more often than are stuffed with sugar, fat and calories. Let this eCookbook, *Healthy Muffins for All: 25 Healthy Muffin Recipes*, show you how to make low calorie muffins that are simply irresistible.

We have assembled some of our staff's favorite healthy muffin recipes, including whole wheat muffins, corn muffin recipes, and blueberry muffin recipes. We have everything from Pumpkin Chocolate Muffins, Banana Nut Muffins, Cheddar and Apple Muffins, plus lots more.

The recipes in this crowd-pleasing collection are fun and easy, and all of them are delicious. Make one or make several, and discover the tasty and healthy delights that can only be found in healthy muffin recipes!

For additional healthy muffin recipes, be sure to visit [FaveDiets.com](http://www.FaveDiets.com). While you're there, subscribe to FaveDiets' free [Quick and Healthy Recipes](#) newsletter to get free recipes delivered to your inbox every week.

Enjoy your healthy snack recipes!

Sincerely,

The Editors of FaveDiets

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Whole Wheat Muffins

Whole-Wheat Apple Date Muffins

Description

For a great wholesome alternative to a breakfast on-the-go, try these Whole-Wheat Apple Date Muffins! They are whole-wheat and low-fat, perfect for a breakfast or afternoon snack.

Preparation Time: 15 min

Cooking Time: 18 min

Ingredients

- 2 ¹/₄ cups whole wheat flour
- 1 ¹/₂ teaspoons baking soda
- ¹/₃ cup brown sugar, packed
- ³/₄ cup buttermilk, nonfat
- 1 ¹/₂ cups apples, finely chopped
- 3 tablespoons liquid egg substitute
- 1 teaspoon vanilla extract
- ¹/₂ cup chopped dates

Instructions

1. Preheat oven to 350 degrees F. Coat muffin cups with nonstick cooking spray.
2. Combine the flour, baking soda and brown sugar; stir to mix well.
3. Add the buttermilk, apples, egg substitute and vanilla extract; stir just until the dry ingredients are moistened. Fold in the dates.
4. Fill the muffin cups ³/₄ full with the batter. Bake for 16 to 18 minutes, or just until a toothpick inserted in the center comes out clean.
5. Remove the muffin tin from the oven and allow it to sit for 5 minutes before removing the muffins. Serve warm or at room temperature.

Applesauce Oatmeal Muffins

Description

This applesauce oatmeal muffin recipe is great for breakfast or a snack on-the-go. Try topping your muffins with butter or fruit jam.

Cooking Time: 20 min

Ingredients

- 1 cup flour
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon nutmeg
- $\frac{1}{4}$ cup brown sugar
- $\frac{1}{4}$ cup oil
- $\frac{2}{3}$ cup applesauce
- 3 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{3}{4}$ cup rolled oats
- 1 egg
- $\frac{1}{3}$ cup milk

Instructions

1. Preheat oven to 375 degrees F, prepare pans.
2. Mix dry ingredients well with a fork.
3. Beat egg, then add oil and milk, stir in applesauce.
4. Add the dry mix to the wet mix until just combined.
5. Spoon into pans and bake for 20 minutes or until cooked.

Easy Apple Nut Muffins



Description

Easy Apple Nut Muffins take all the hard work out of entertaining. Master our delicious recipe for these healthy fruit muffins, and you'll always have a great treat on hand when company comes!

Cooking Time: 18 min

Ingredients

- 2 tablespoons butter substitute suitable for baking
- $\frac{1}{3}$ cup packed brown sugar
- 1 tablespoon plus 3 $\frac{1}{2}$ cups white whole wheat flour
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{8}$ teaspoon ground nutmeg
- 2 apples, diced and peeled
- $\frac{1}{2}$ cup nuts, finely chopped
- $\frac{3}{4}$ cup butter substitute, softened
- 1 $\frac{1}{2}$ cups sugar substitute suitable for baking
- 3 eggs, or equivalent egg substitute
- 1 $\frac{1}{2}$ teaspoons vanilla extract
- 1 $\frac{1}{2}$ teaspoons baking powder
- 1 $\frac{1}{2}$ teaspoons baking soda
- $\frac{3}{4}$ teaspoon salt
- 1 $\frac{1}{2}$ cups fat free sour cream
- Cinnamon-sugar, to taste

Instructions

1. In a saucepan, melt butter. Stir in brown sugar, 1 tablespoon flour, cinnamon and nutmeg until smooth.

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2. Add apples. Cook over medium-low heat for 10 minutes or until tender, stirring frequently. Remove from heat.
3. Stir in nuts. Cool.
4. In mixing bowl, cream butter substitute and sugar substitute.
5. Add eggs, one at a time, beating well after each. Beat in vanilla.
6. Combine dry ingredients.
7. Add to creamed mixture alternately with sour cream.
8. Fill greased muffin cups half full of batter. Spoon apple mixture into the center of each (do not spread). Top with remaining batter. Sprinkle with cinnamon-sugar.
9. Bake at 350 degrees F for 16-18 minutes or until muffins test done. Cool for 5 minutes before removing from pans to wire racks.

Healthy Almond Lemon Muffins

Description

What can be better than a muffin with lemon and almonds in it? A recipe that is quick and easy. Try this recipe tomorrow morning. It's a healthy breakfast recipe because it has healthy ingredients to go in it.

Serves: 12

Preparation Time: 10 min

Cooking Time: 25 min

Ingredients

- 1 ³/₄ cups sifted flour, all-purpose or white whole wheat
- 3 tablespoons sugar or sugar substitute
- 2 ¹/₂ teaspoons baking powder
- ¹/₃ cup butter or butter substitute, melted
- ¹/₈ teaspoon vanilla extract
- 2 teaspoons fresh lemon rind, grated
- ¹/₂ teaspoon salt
- 1 egg, or 2 egg whites
- ³/₄ cup skim milk
- ¹/₂ teaspoon lemon extract
- ³/₄ cup almonds, chopped

Instructions

1. Sift together the flour, baking powder and salt in a large bowl.
2. In a separate bowl lightly beat the egg then beat in the milk, butter, lemon extract and the vanilla.
3. Stir in the nuts and lemon rind and pour all of this at once into the bowl with the flour mixture.
4. Stir the ingredients briskly with a fork until all are moistened. Be careful not to over stir as the batter should look lumpy.
5. Grease muffin pans and fill the cups 2/3 full. You should have enough batter for 12 muffins.
6. Bake the muffins in a preheated oven at 400 degrees F for 25 minutes.
7. When finished remove the muffins from the pans and allow them to cool on a wire rack to prevent steaming.

Corn Muffin Recipes

Corn and Blueberry Muffins

Description

This is one of the tastiest low calorie muffins around because it combines the sweetness of blueberry muffin recipes with the heartiness of corn muffin recipes. This is one low calorie muffin you cannot afford to miss.

Cooking Time: 20 min

Ingredients

- 1 ¹/₃ cups unbleached flour, all purpose or white whole wheat
- ²/₃ cup corn flour
- 2 teaspoons baking powder
- ¹/₂ teaspoon baking soda
- ¹/₂ teaspoon salt
- ¹/₄ cup sugar substitute suitable for baking
- 2 eggs, or equivalent egg substitute
- 1 cup skim milk
- 1 cup skim milk plus 1 tablespoon lemon juice
- ¹/₄ cup butter substitute, melted
- 1 to 2 cups blueberries

Instructions

1. Sift the dry ingredients together.
2. Beat the eggs, milk, milk with lemon juice and butter substitute together.
3. Pour the egg mixture into the flour mixture and stir just enough to moisten the dry ingredients.
4. Fold the blueberries into the batter.
5. Spray a muffin tin with cooking spray and fill the muffin cups ²/₃ full with batter.
6. Bake at 400 degrees F for 20 minutes or until golden brown.

Notes

It's also good with a combination of blueberries and sautéed apples. If you decide to do it that way, you should add a little lemon juice and some cinnamon to the batter.

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Mexican Corn Muffins

Description

Corn muffin recipes are always great. Always. This healthy muffin recipe is especially great because it has great Mexican-inspired flavors like chilies and cilantro. Enjoy this low calorie muffin for breakfast or as a supper side dish.

Serves: 8

Cooking Time: 25 min

Ingredients

- 1 1/2 cups white whole wheat flour plus 3 tablespoons cornstarch
- 1/2 cup yellow cornmeal
- 1 tablespoon baking powder
- 2/3 cup water
- 3 large eggs, or equivalent egg substitute
- 1/3 cup light vegetable oil
- 1/4 cup fresh cilantro, chopped
- 2 Serrano chilies, seeded and minced
- 3 tablespoons brown sugar
- 1 teaspoon salt

Instructions

1. Preheat oven to 350 degrees F.
2. Spray 8 2/3-cup custard cups with cooking spray. Place cups in oven 5 minutes.
3. Mix flour, corn meal, and baking powder in large bowl.
4. Whisk remaining ingredients together in medium bowl. Add to dry ingredients and whisk until well combined. Divide batter among prepared cups.
5. Bake until tester inserted into center comes out clean, about 18 to 20 minutes.
6. Cool slightly. Turn muffins out.

Notes

The recipe makes 8 very large muffins. For smaller size muffins, use standard muffin cups and make sure you reduce the baking time a little bit. Serve warm or at room temperature.

Turkey Bacon Corn Muffins

Description

With a few smart ingredient decisions, you can still enjoy your favorite foods. By using turkey bacon and reduced fat dairy, this easy muffin recipe won't go straight to your hips.

Serves: 12

Cooking Time: 20 min

Ingredients

- 4 slices lean turkey bacon, finely chopped
- 2 cups white whole wheat flour plus 2 1/2 teaspoons baking powder
- 1 teaspoon paprika
- 2 ounces butter substitute suitable for baking, chopped
- 2 egg whites, lightly beaten
- 1 teaspoon whole grain mustard
- 1/4 cup skim milk plus 1/4 teaspoon lemon juice
- 4 ounces can creamed corn
- 1/2 cup skim milk
- 2 tablespoons reduced fat Parmesan cheese, freshly grated

Instructions

1. Preheat oven to 375 degrees F and spray pans with cooking spray.
2. Cook bacon until crisp, drain on absorbent paper.
3. Sift flour mixture and paprika, rub in butter substitute until mixture resembles fine breadcrumbs. Stir in bacon.
4. Mix egg whites, mustard, milk-lemon juice mixture, corn and milk together. Add dry mix to wet mix, adding more milk if required.
5. Spoon into pans, sprinkle with cheese, bake for about 20 minutes or until done.

Cheesy Apple Corn Muffins

Description

Elevate corn muffin recipes to legendary status with this muffin recipe with cheese. Slightly sweet and covered with Cheddar cheese, this easy muffin recipe is great for breakfast or as a side dish.

Yields: 12

Cooking Time: 15 min

Ingredients

- 1 ²/₃ cups flour, all purpose or whole wheat
- 1 ¹/₂ ounces yellow cornmeal
- 1 tablespoon baking powder
- ³/₄ pound apples, cored pared and diced
- ¹/₂ cup frozen corn, thawed
- 2 ¹/₄ ounces low fat Cheddar cheese, shredded
- ¹/₃ cup sugar substitute suitable for baking
- 1 dash cinnamon
- 1 dash nutmeg
- ¹/₃ cup canola oil
- 3 lightly beaten eggs, or equivalent egg substitute

Instructions

1. Preheat oven to 400 degrees F.
2. Line 12 muffin cups with paper baking cups.
3. In large bowl, combine flour, cornmeal, and baking powder.
4. Add apples, corn, cheese, sugar, cinnamon and nutmeg, and stir to combine.
5. In small bowl, beat eggs and oil; stir into flour mixture. Do not overbeat, as that will make the mixture will be stiff.
6. Fill baking cups and bake for 15 minutes.

Blueberry Muffin Recipes

Healthy Whole Wheat Blueberry Muffins



Description

In search of a healthier snack, but craving that old-fashioned sweet muffin taste? You've got to try Healthy Whole Wheat Blueberry Muffins! You can't beat the great taste of this whole wheat blueberry muffin recipe.

Yields: 12

Cooking Time: 35 min

Ingredients

- 2 cups whole wheat flour
- 1 teaspoon baking soda
- 1 ¹/₄ cups buttermilk
- 2 egg whites, lightly beaten
- ¹/₃ cup vegetable oil
- ¹/₂ cup honey
- 1 cup blueberries, fresh or frozen

Instructions

1. Preheat oven to 350 degrees F. Coat 12 muffin cups with cooking spray.
2. Sift together the flour and baking soda.
3. In a separate bowl, whisk together the buttermilk, egg whites, oil, and honey until creamy, then stir in the blueberries.

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4. Pour the wet ingredients into the dry. Fold together with a rubber spatula until the batter is moist yet remains slightly lumpy.
5. Pour into muffin cups and bake 30 to 35 minutes.

Ginger Blueberry Muffin Tops

Description

This might be the best muffin recipe because, after all, the top is the best part of the muffin. Ginger adds an extra dimension of flavor to this easy muffin recipe that you will fall in love with - guaranteed.

Serves: 12

Cooking Time: 22 min

Ingredients

- 1 1/2 cups oats
- 1/2 cup sugar substitute suitable for baking
- 1/3 cup melted margarine, divided
- 1 1/3 cups flour, all purpose or whole wheat
- 1 tablespoon baking powder
- 3/4 teaspoon ginger
- 2/3 cup skim milk
- 1 egg, slightly beaten
- 1 cup blueberries, fresh or frozen

Instructions

1. Preheat oven to 400 degrees F. Lightly grease a large cookie sheet.
2. In a mixing bowl, stir together oats and sugar substitute. Remove 1/4 cup and place in a small bowl. Stir in 1 tablespoon margarine to make streusel topping. Set aside.
3. Into mixing bowl, stir flour, baking powder and ginger.
4. In a large glass measure, mix milk, remaining margarine and beaten egg. Pour over dry ingredients and mix just until they are moistened. Stir in blueberries.
5. Drop batter by 1/4 measuring cupfuls onto prepared cookie sheet. Sprinkle streusel topping evenly over batter and press in gently.
6. Bake in preheated oven until golden brown, 20 to 22 minutes. Serve warm.

Notes

To freeze, wrap each muffin top separately in foil. Place in freezer bag and squeeze out air. To reheat, unwrap and microwave on HIGH 30 seconds per muffin top.

Whole Wheat Blueberry Muffins



Description

Many blueberry muffin recipes are high in fat and sugar. This recipe makes a healthier muffin using whole wheat flour, buttermilk and honey as a sweetener. These make a great breakfast on-the-go.

Serves: 12

Preparation Time: 10 min

Cooking Time: 35 min

Ingredients

- 2 cups whole wheat flour
- 1 teaspoon baking soda
- 1 ¹/₄ cups buttermilk
- 2 egg whites, lightly beaten
- ¹/₃ cup vegetable oil
- ¹/₂ cup honey
- 1 cup blueberries, fresh or frozen

Instructions

1. Preheat oven to 350 degrees F. Coat 12 muffin cups with cooking spray.
2. Sift together the flour and baking soda. In a separate bowl, whisk together the buttermilk, egg whites, oil, and honey until creamy, then stir in the blueberries.
3. Pour the wet ingredients into the flour and baking soda mixture. Fold together with a rubber spatula until the batter is moist yet remains slightly lumpy.
4. Pour into muffin cups and bake 30 to 35 minutes.

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Chocolate Muffin Recipes

Low-Cal Double Chocolate Chip Muffins

By: Ellen Postolowski

Description

These heart-healthy muffins are a tasty way to implement flaxseed into your diet. Flaxseed is finally getting the recognition it deserves as an outstanding source of omega 3 & 6. Omegas are the essential fatty acids our bodies need to keep our cell membranes strong and resilient.

Serves: 18

Preparation Time: 15 min

Cooking Time: 25 min

Ingredients

- 1 cup (8 oz. package) fat-free cream cheese (room temperature)
- 2 egg whites
- $\frac{3}{4}$ cup brown sugar
- 1 tablespoon vanilla (pure or extract)
- 1 cup plain fat-free yogurt
- 1 cup unsweetened applesauce
- 1 cup oat flour (available in many supermarkets or can be made by simply pulsing old-fashioned oats in a blender or food processor)
- 1 $\frac{1}{2}$ cups whole wheat flour
- $\frac{1}{2}$ cup unsweetened cocoa
- $\frac{1}{2}$ cup ground flaxseed
- 2 teaspoons baking soda
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon salt
- $\frac{3}{4}$ cup mini semi-sweet chocolate chips

Instructions

1. Preheat oven to 350 degrees F. Pan spray muffin pans.
2. Place cream cheese through applesauce in a large bowl. Using a mixer or whisk, combine until well blended.
3. Add dry ingredients through salt and mix by hand with spoon or flat rubber spatula until all ingredients are well blended. Add chocolate chips and stir again.

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4. Fill each muffin tin about half full. Bake 20-25 minutes or until center is firm to touch.
Makes 18 muffins.

Nutritional Information

Calories 194, Fat 8.3 (saturated 2, polyunsaturated 3.8, monounsaturated 2), Carbohydrates 28, Fiber 3, Protein 5.5

Pumpkin Chocolate Muffins



Description

Whether for fall or year-round, this chocolate muffin recipe is simply irresistible. In the world of chocolate muffin recipes, this may be the best muffin recipe because it has the goodness of pumpkin.

Yields: 12

Cooking Time: 20 min

Ingredients

- 1 1/2 cups flour, all purpose or white whole wheat
- 1/2 cup sugar substitute suitable for baking
- 2 teaspoons baking powder
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- 1 cup skim milk
- 1/2 cup solid pack pumpkin (such as Libby's)
- 1/4 cup butter substitute, melted
- 2 egg whites
- 1 6-ounce package of semi sweet chocolate chips or carob chips
- 1/4 cup nuts, finely chopped

Instructions

1. Preheat oven to 400 degrees F.
2. In large bowl, combine flour, sugar substitute, baking powder, cinnamon and salt, and make a well in the center.
3. In a small bowl, combine milk, pumpkin, butter and egg whites. Add to well in flour mixture. Add chips and stir until dry mixture is moistened.

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4. Spoon mixture into greased muffin cups, filling each 3/4 full. Sprinkle 1 teaspoon of nuts over each muffin.
5. Bake at 400 degrees F for 18 to 20 minutes.
6. Cool five minutes, remove from pans, and then completely cool on racks.

Easy Chocolate Banana Muffins

Description

Is this the best muffin ever? Maybe, but in the world of chocolate muffin recipes, you will be hard pressed to find something tastier, that's for sure. Low calorie muffins rarely taste this good.

Serves: 12

Cooking Time: 25 min

Ingredients

- 1 ³/₄ cups white whole wheat flour
- ¹/₂ cup sugar substitute suitable for baking
- 3 teaspoons baking powder
- ¹/₂ teaspoon salt
- ¹/₂ cup semi-sweet chocolate or carob chips
- 2 egg whites
- ¹/₄ cup light cooking oil
- ¹/₄ cup skim milk
- 1 cup bananas, mashed (3 medium)

Instructions

1. Measure first five ingredients into large bowl. Mix thoroughly and make a well in center.
2. Beat egg whites until frothy. Mix in oil, milk and banana.
3. Pour egg white mixture into well. Stir only to moisten. Batter will be lumpy.
4. Fill greased muffin tins ³/₄ full. Bake in 400 degree F oven for 20 to 25 minutes.

Orange Chocolate Muffins

Description

Chock full of citrus goodness, this chocolate muffin is a culinary tour de force. Make this healthy muffin the easy muffin recipe that you rely on for breakfast, dessert or any other time of the day.

Cooking Time: 15 min

Ingredients

- 4 ounces butter substitute suitable for baking, softened
- $\frac{1}{2}$ cup sugar substitute suitable for baking
- 2 eggs, or equivalent egg substitute
- 1 cup skim milk
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ cup chocolate or carob chips
- 5 ounces carton reduced fat orange yogurt
- Grated zest of 1 orange
- 3 cups white whole wheat flour plus $3\frac{3}{4}$ teaspoons baking powder

Instructions

1. Whisk together butter substitute, sugar substitute, eggs, milk, vanilla, chocolate chips, yogurt and orange zest.
2. Mix in flour mixture.
3. Spoon into muffin pans and cook 15 minutes at 375 degrees F until lightly golden in color.

Banana Muffins

Kid's Choice Banana Bran Muffins

Description

Thought you'd never find a recipe for healthy banana muffins that the kids loved, too? Kid's Choice Banana Bran Muffins is what you've been missing! It's sweet enough for the kids, and healthy enough to satisfy Mom!

Serves: 12

Ingredients

- 1 cup whole bran cereal
- $\frac{2}{3}$ cup milk
- 1 large banana, mashed (about $\frac{3}{4}$ c)
- 1 egg, beaten
- $\frac{1}{4}$ cup cooking oil
- 1 $\frac{1}{2}$ cups flour
- $\frac{1}{2}$ cup brown sugar, packed
- 2 $\frac{1}{2}$ teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon cloves

Instructions

1. In large bowl, stir together cereal, milk and banana.
2. Let stand 2 minutes or until cereal is soft.
3. Add oil and egg; mix well.
4. Stir dry ingredients into bran mixture only until moistened.
5. Spoon into greased muffin cups.
6. Bake at 375 degrees F for 25 to 30 minutes.

Notes

Yields 6 large or 12 normal size muffins.

Banana Nut Muffins

Description

Banana nut muffins are always popular with kids and are a great breakfast or snack item. They are easy to make and are extra flavorful if you use overripe bananas in your batter.

Yields: 24

Preparation Time: 10 min

Cooking Time: 20 min

Ingredients

- 1 1/2 cups all purpose flour
- 1/2 cup wheat flour
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/8 teaspoon ground nutmeg
- 2/3 cup pecans, coarsely chopped
- 1 large egg, or 2 egg whites
- 3/4 cup brown sugar, packed
- 1 1/2 cups bananas, mashed
- 6 tablespoons light vegetable oil
- 1 teaspoon vanilla

Instructions

1. Preheat the oven to 375 degrees F. Grease a standard 12 muffin pan or line with paper cups.
2. Whisk together the flour, wheat flour, baking powder, cinnamon, nutmeg, and salt. Stir in the chopped pecans.
3. Whisk together in a separate bowl, the egg, brown sugar, bananas, vegetable oil, and vanilla.
4. Add the flour mixture to the banana mixture and mix with a few light strokes just until the dry ingredients are moistened. Do not over mix; the batter should not be smooth.
5. Divide the batter among the muffin cups. Bake until a toothpick inserted in 1 or 2 of the muffins comes out clean, about 18 minutes.
6. Let cool for 2 to 3 minutes before removing from the pan. If not serving hot, let cool on a rack.

Low-Fat Banana Almond Muffins

Description

Low-Fat Banana Almond Muffins are a treat for the senses. You'd never guess that they don't use butter!

Serves: 12

Cooking Time: 15 min

Ingredients

- $\frac{1}{4}$ cup sour milk
- $\frac{1}{3}$ cup softened margarine
- 2 eggs
- 2 bananas, mashed
- $\frac{1}{2}$ almond extract (essence)
- 1 cup whole-wheat flour
- $\frac{3}{4}$ cup sugar
- $1\frac{1}{2}$ baking powder
- 1 cup almonds, sliced and toasted

Instructions

1. Preheat oven to 375 degrees F, prepare pans.
2. Combine wet mix ingredients and mix well.
3. Add the dry mix to the wet mix until just combined.
4. Spoon into pans and bake for 15-20 minutes.

Notes

Yields 12.

Milk may be soured by adding a little lemon juice to it and leaving until curdled.

Low Fat Bran Muffins

Healthy Bran Muffin Mix



Description

Get a healthy start to your day with this Bran Muffin Mix. These are hearty, nutritious and you can even take them with you on the run.

Serves: 12

Ingredients

- 1 1/2 cups all-bran cereal
- 1 1/4 cups self rising flour
- 1/2 cup sugar
- 1 cup golden raisins

Instructions

1 package mix, 1/2 c butter, melted, 1/2 c milk 1 egg, beaten

Mix: Combine all ingredients and store in an airtight container.

Bran Muffins:

1. Preheat oven to 400 degrees F. Combine all ingredients just till moistened.
2. Grease muffin cups and fill 2/3 full. Bake 16-18 minutes.

Pineapple Bran Muffins: Add 1 8 oz can drained crushed pineapple to the batter.

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Low Calorie Bran Muffins

Description

This all bran muffin recipe uses honey and fruit juice to cut down on calories. This easy bran muffin recipe is a simple and healthy delight you can enjoy without breaking the calorie bank.

Serves: 12

Preparation Time: 5 min

Cooking Time: 12 min

Ingredients

- 1 cup bran
- 1 ¹/₄ cups flour
- 1 ¹/₄ teaspoons baking soda
- ¹/₂ teaspoon salt
- ¹/₄ cup vegetable oil
- 1 cup apple juice (or other unsweetened fruit juice)
- 1 egg, beaten
- 1 tablespoon honey or fructose sugar

Instructions

1. Mix dry ingredients in bowl.
2. Add the rest of the ingredients; mix well.
3. Bake in greased muffin pan at 350 degrees F for 7 to 12 minutes.

Take and Bake Bran Muffins

Description

This bran muffin batter is quick and easy. Mix up a batch of this batter and leave it in the fridge for up to six weeks. This way, you can bake a fresh healthy, fiber-rich snack or breakfast whenever you get the urge.

Cooking Time: 20 min

Ingredients

- 15 ounces box raisin bran
- 5 cups flour
- 3 cups sugar
- 5 teaspoons baking soda
- 1 teaspoon salt
- 4 eggs, beaten
- 1 cup oil
- 1 quart buttermilk

Instructions

1. Mix dry ingredients well in a very large container.
2. Mix wet ingredients together, pour over dry ingredients and mix well. Refrigerate batter at least 6 hours before baking.
3. Fill muffin tins or papers 2/3 full and bake at 400 degrees F for 20 min.

Notes

Batter will keep in fridge for up to 6 weeks, baking a little at a time. Batter will get very thick and light colored, kind of "airy."

Low Calorie Muffins

Autumn Applesauce Spice Muffins

Description

This warm, comforting muffin tastes just like fall. Fruit, cinnamon and nuts make Autumn Applesauce Spice Muffins a recipe to savor.

Ingredients

- 1 cup butter substitute suitable for baking, softened
- 2 cups sugar substitute suitable for baking
- 2 eggs, or equivalent egg substitute
- 2 cups reduced sugar applesauce
- 4 cups white whole wheat flour
- 2 teaspoons baking soda
- 1 tablespoon cinnamon
- 2 teaspoons allspice
- 1/2 teaspoon cloves
- 1 cup pecans, chopped
- Powdered sugar, to taste

Instructions

1. Cream butter substitute, add sugar substitute. Add eggs, beating after each.
2. Add applesauce, mix well. Combine flour and next four ingredients.
3. Add to creamed mixture, beat till smooth. Stir in pecans.
4. Grease muffin tins (or use paper liners) and fill 3/4 full.
5. Bake at 350 degrees F for 20 to 25 minutes, or until a toothpick inserted in muffin comes out clean.
6. Transfer from pan to wire rack. Sprinkle muffin tops with powdered sugar.

Cheddar and Apple Muffins

Description

Cheddar and apple muffins are a great treat. This is a great recipe for those who love to mix breakfast muffins and cheese. What's not healthy? Cheese is a part of our diets.

Preparation Time: 10 min

Cooking Time: 25 min

Ingredients

- 1/2 cup shortening substitute or butter substitute
- 1 cup apples, finely chopped
- 1/2 cup sugar substitute suitable for baking
- 2/3 cup reduced fat Cheddar cheese, grated
- 3/4 cup quick cooking oats
- 2 eggs, or equivalent egg substitute
- 1/2 cup pecans, chopped
- 1 1/2 cups white whole wheat flour
- 3/4 cup skim milk
- 1 teaspoon baking soda
- 12 to 15 thin apple slices
- 1 teaspoon baking powder
- Butter substitute, melted
- 1/2 teaspoon salt
- Cinnamon-sugar mixture

Instructions

1. Preheat the oven to 400 degrees F.
2. Cream the shortening substitute and sugar substitute together and add the eggs, one at a time, beating well after each addition.
3. Combine the flour, baking powder, baking soda, and salt in a mixing bowl, mix lightly.
4. Gradually stir the flour mixture into the shortening mixture.
5. In this order, add the oats, Cheddar and pecans, mixing well after each addition.
6. Gradually add the milk, stirring until all the ingredients are just moistened.
7. Grease the muffin pans and fill each cup 2/3rds full of batter.

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8. Dip the apple slices in the melted butter substitute and then into the cinnamon-sugar if desired.
9. Press 1 apple slice into the top of each muffin.
10. Sprinkle lightly with cinnamon-sugar and bake for 25 minutes in the preheated oven, or until golden brown.

Poppy Almond Muffins

Description

Healthy muffin recipes are rarely as easy and delicious as this muffin recipe is. If you need muffin recipes that are hearty and delicious, then check out this muffin recipe.

Serves: 24

Cooking Time: 30 min

Ingredients

- 3 cups flour
- 2 ¹/₄ cups sugar or sugar substitute
- 1 ¹/₂ teaspoons baking powder
- 1 ¹/₂ teaspoons salt
- 1 ¹/₂ cups light vegetable oil
- 1 ¹/₂ cups skim milk
- 3 eggs, or 6 egg whites
- ¹/₂ teaspoon almond extract
- 1 ¹/₂ tablespoons poppy seeds

Instructions

1. Preheat oven to 350 degrees F. Grease or use muffin papers to line two 12-cup muffin tins.
2. Combine flour, sugar, baking powder, and salt.
3. Combine flour, sugar, baking powder, and salt.
4. In another bowl, whisk oil, milk, eggs and extract until smooth.
5. Add dry ingredients mixing until moist. Then gently stir in all the poppy seeds.
6. Fill muffin tins and bake 30 minutes.

Sweet Amaretto and Almond Muffins

Description

Sliced Almonds and Amaretto liquor make this a great recipe. These muffins make for a great breakfast meal when you have company over. You can bake them in no time.

Serves: 12

Preparation Time: 5 min

Cooking Time: 20 min

Ingredients

- $\frac{2}{3}$ cup sour milk
- 3 tablespoons melted butter or margarine
- 1 egg, or 2 egg whites
- $\frac{1}{2}$ cup amaretto liqueur
- 1 cup almonds, sliced
- 2 teaspoons baking powder
- $\frac{1}{2}$ cup sugar or sugar substitute
- 2 cups flour

Instructions

1. Preheat oven to 400 degrees F and grease muffin pans.
2. Put the first five ingredients into a bowl and mix well, then add the remaining ingredients and blend until just mixed.
3. Put into pans and bake for 15-20 minutes.

Healthy Muffins for All: 25 Healthy Muffin Recipes

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