



Lemon-Cranberry Muffins

http://www.eatingwell.com/recipes/lemon_cranberry_muffins.html

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These lemony cranberry-studded muffins crunch lightly with cornmeal and are topped with a kiss of sugared lemon zest. They're great warm from the oven, but also keep well for a few days and freeze beautifully.

1 dozen muffins | **Active Time:** 25 minutes | **Total Time:** 1 hour

Ingredients

- 1/2 cup plus 2 tablespoons sugar, divided
- 3/4 cup nonfat plain yogurt
- 1/3 cup canola oil
- 1 large egg
- 3 teaspoons freshly grated lemon zest, divided
- 2 tablespoons lemon juice
- 1 teaspoon vanilla extract
- 1 1/2 cups white whole-wheat flour (see Note)
- 1/2 cup cornmeal, preferably medium or fine stone-ground
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 1/2 cups cranberries, fresh or frozen (thawed), coarsely chopped (see Tip)

Preparation

1. Preheat oven to 400°F. Coat 12 (1/2-cup) muffin cups with cooking spray or line with paper liners.
2. Whisk 1/2 cup sugar, yogurt, oil, egg, 2 teaspoons lemon zest, lemon juice and vanilla in a medium bowl.
3. Whisk flour, cornmeal, baking powder, baking soda and salt in a large bowl. Add the yogurt mixture and fold until almost blended. Gently fold in cranberries. Divide the batter among the muffin cups. Combine the remaining 2 tablespoons sugar and remaining 1 teaspoon lemon zest in a small bowl. Sprinkle evenly over the tops of the muffins.
4. Bake the muffins until golden brown and they spring back lightly to the touch, 20 to 25 minutes. Let cool in the pan for 10 minutes, then transfer to a wire rack to cool for at least 5 minutes before serving.

Nutrition

Per muffin : 187 Calories; 7 g Fat; 1 g Sat; 4 g Mono; 18 mg Cholesterol; 29 g Carbohydrates; 4 g Protein; 3 g Fiber; 255 mg Sodium; 96 mg Potassium

2 Carbohydrate Serving

Exchanges: 1 starch, 1 carbohydrate (other), 1 fat

Tips & Notes

- **Make Ahead Tip:** Individually wrap in plastic and freeze in a freezer bag for up to 1 month. To reheat frozen muffins, remove plastic, wrap muffin in a paper towel and microwave on High for 30 to 60 seconds. | Equipment: Muffin tin with 12 (1/2-cup) cups
- **Note:** White whole-wheat flour, made from a special variety of white wheat, is light in color and flavor but has the same nutritional properties as regular whole-wheat flour. It is available at large supermarkets and natural-foods stores and online at bobsredmill.com or kingarthurfLOUR.com. Store it in the freezer.
- **Tip:** To make quick work of chopping cranberries, place whole berries in a food processor and pulse a few times until the berries are coarsely chopped