



My Heart. My Life.™

Basic Whole-Wheat Muffins

Makes 12 muffins; 1 muffin per serving, each muffin approx. 2.75 ounces

There are no eggs necessary for these moist and easy muffins. Whole-wheat pastry flour will produce a somewhat lighter muffin, if that's what you prefer. Use the "add-ins" suggested or come up with your own variations!

- | | |
|---|-------------------------------|
| 1¼ cups whole-wheat flour or whole-wheat pastry flour | 1 cup unsweetened applesauce |
| ½ cup white or brown sugar | ¾ cup nonfat milk |
| 1 tbsp. baking powder | ¼ cup canola or vegetable oil |
| ⅛ tsp. salt | Cooking spray |

Preheat oven to 350°. Lightly spray 12 muffin cups. In a large bowl, whisk together flour, sugar, baking powder and salt. In a small bowl, whisk together applesauce, milk and oil. Add wet ingredients to dry and stir until just combined.

Fold in add-ins of choice, being careful not to over-mix the batter. Divide the batter equally between muffin cups. Bake for 25 to 30 minutes. Can be frozen for up to 6 months.

Example Add-Ins

2 cups shredded carrots + ¼ cup shelled sunflower seeds (Fold the carrots into the batter. Sprinkle the seeds on top of the muffins before you bake them.)

1 cup dried cranberries + ½ cup chopped pecans

2 cups fresh blueberries

1 cup mashed banana (instead of applesauce) + ½ cup chopped walnuts

| Nutritional Information | per serving | Nutritional Information | per serving | Nutritional Information | per serving |
|-------------------------------------|------------------|--------------------------------------|----------------------------|----------------------------------|-------------------|
| Basic Whole Wheat Muffins | | Basic with cranberries/pecans | | Basic with banana/walnuts | |
| Calories | 130 | Calories | 194 | Calories | 170 |
| Total Fat | 5.0 g | Total Fat | 8.5 g | Total Fat | 8.0 g |
| Saturated Fat | 0.5 g | Saturated Fat | 0.5 g | Saturated Fat | 0.5 g |
| Trans Fat | 0.0 g | Trans Fat | 0.0 g | Trans Fat | 0.0 g |
| Polyunsaturated Fat | 1.5 g | Polyunsaturated Fat | 2.5 g | Polyunsaturated Fat | 4.0 g |
| Monounsaturated Fat | 3.0 g | Monounsaturated Fat | 5.0 g | Monounsaturated Fat | 3.5 g |
| Cholesterol | 0 mg | Cholesterol | 0 mg | Cholesterol | 0 mg |
| Sodium | 131 mg | Sodium | 131 mg | Sodium | 131 mg |
| Carbohydrates | 20 g | Carbohydrates | 29 g | Carbohydrates | 23 g |
| Fiber | 2 g | Fiber | 3 g | Fiber | 2 g |
| Sugars | 11 g | Sugars | 19 g | Sugars | 12 g |
| Protein | 2 g | Protein | 3 g | Protein | 3 g |
| Dietary Exchanges: | 1½ starch, 1 fat | Dietary Exchanges: | 1½ starch, ½ fruit, 1½ fat | Dietary Exchanges: | 1½ starch, 1½ fat |
| Basic with carrots/sun seeds | | Basic with blueberries | | | |
| Calories | 155 | Calories | 144 | | |
| Total Fat | 6.5 g | Total Fat | 5.0 g | | |
| Saturated Fat | 0.5 g | Saturated Fat | 0.5 g | | |
| Trans Fat | 0.0 g | Trans Fat | 0.0 g | | |
| Polyunsaturated Fat | 2.0 g | Polyunsaturated Fat | 1.5 g | | |
| Monounsaturated Fat | 3.5 g | Monounsaturated Fat | 3.0 g | | |
| Cholesterol | 0 mg | Cholesterol | 0 mg | | |
| Sodium | 144 mg | Sodium | 132 mg | | |
| Carbohydrates | 23 g | Carbohydrates | 24 g | | |
| Fiber | 2 g | Fiber | 2 g | | |
| Sugars | 12 g | Sugars | 14 g | | |
| Protein | 3 g | Protein | 2 g | | |
| Dietary Exchanges: | 1½ starch, 1 fat | Dietary Exchanges: | 1½ starch, 1 fat | | |

Course 5: Meals On the Run

A Healthy Start to
Home Cooking



My Heart. My Life.™

Tips for Perfect Muffins

- The number one rule for successful muffins is: Don't over-mix the batter. Use a rubber spatula to quickly fold the wet ingredients into the dry. A few streaks of flour still showing is okay, especially if you're going to be folding in extra ingredients like fruits and nuts. Do that with a few strokes — five or six should do it.
- Check the expiration date on your baking powder. You might be surprised how long you've had it. Unlike baking soda, which lasts forever, baking powder can get too old to do its job of making your muffins rise up. Chuck the expired stuff and get fresh. Do this before you've already started making the muffins.
- Save the paper liners for cupcakes. The healthy, low-fat muffins you'll be making will stick to the paper and you won't get your entire portion of deliciousness. Papers will also keep the sides of the muffins from browning nicely. Use cooking spray on bare cups instead.
- Spray the cups with cooking spray if your muffin batter is full of fruits as these can get sticky while baking and adhere to the bottom and sides of the cups.
- For ease and size consistency, use an ice cream scoop to fill the muffin cups.

Course 5: Meals On the Run

The enclosed information, recipes and instructions are provided to you to help you learn to cook healthy at home. Please follow safe, responsible practices and use caution when cooking. By using the information provided in this Kit, you acknowledge that there are inherent risks in cooking, including but not limited to the risk of allergic reaction to foods and personal injury. YOU UNDERSTAND AND AGREE THAT YOUR USE OF THE ENCLOSED INFORMATION, RECIPES AND INSTRUCTIONS IS AT YOUR SOLE RISK. Further, you agree on behalf of yourself and your heirs, beneficiaries and estate, not to hold the American Heart Association, Inc. and its sponsors, officers, agents, employees ("Released Parties") responsible for any accidents and loss or damage to your property & person, and you release and discharge the Released Parties from all damages, actions, claims and liabilities of any nature, specifically including, but not limited to, damages, actions, claims and liabilities arising from or related cooking at home.

A Healthy Start to Home Cooking



My Heart. My Life.™

Basic Fruit Smoothie

Makes 2 cups; 1 cup per serving

Smoothies are a great way to increase the amount of fruit you eat, and they're really easy to make. A basic smoothie is just frozen fruit, low-fat or nonfat milk or yogurt and 100% fruit juice, processed together in a blender until smooth. Experiment with different fruits to find out what you really like.

Tip: To freeze bananas, first peel them, then wrap tightly in plastic wrap.

1 cup frozen berries, such as blueberries, raspberries or strawberries

1 small frozen banana, broken into pieces

½ cup nonfat vanilla yogurt

¼ cup orange juice

Put all ingredients in a blender and blend until smooth.

| Nutritional Information | per serving |
|---|-------------|
| Calories | 154 |
| Total Fat | 0.5 g |
| Saturated Fat | 0.0 g |
| Trans Fat | 0.0 g |
| Polyunsaturated Fat | 0.0 g |
| Monounsaturated Fat | 0.0 g |
| Cholesterol | 1 mg |
| Sodium | 43 mg |
| Carbohydrates | 35 g |
| Fiber | 4 g |
| Sugars | 25 g |
| Protein | 4 g |
| Dietary Exchanges: 2 fruit, ½ fat-free milk | |

Course 5: Meals On the Run

The enclosed information, recipes and instructions are provided to you to help you learn to cook healthy at home. Please follow safe, responsible practices and use caution when cooking. By using the information provided in this Kit, you acknowledge that there are inherent risks in cooking, including but not limited to the risk of allergic reaction to foods and personal injury. YOU UNDERSTAND AND AGREE THAT YOUR USE OF THE ENCLOSED INFORMATION, RECIPES AND INSTRUCTIONS IS AT YOUR SOLE RISK. Further, you agree on behalf of yourself and your heirs, beneficiaries and estate, not to hold the American Heart Association, Inc. and its sponsors, officers, agents, employees ("Released Parties") responsible for any accidents and loss or damage to your property & person, and you release and discharge the Released Parties from all damages, actions, claims and liabilities of any nature, specifically including, but not limited to, damages, actions, claims and liabilities arising from or related cooking at home.

A Healthy Start to Home Cooking