

build a better MUFFIN

Forget empty calories! Power up with whole grains, yogurt, nuts, fresh fruit—even veggies—in one portable sweet treat.

Recipe developed by **GENEVIEVE KO**

339mg
of calcium per
serving

Sunshine Muffins

Makes: 12 servings

- 2 cups whole-wheat pastry flour
- 2 tsp baking soda
- 2 tsp ground cinnamon
- 1/4 tsp ground cardamom
- 1/2 tsp salt
- 1 orange
- 3/4 cup sugar
- 2 large egg whites
- 1/4 cup extra-virgin olive oil
- 1/2 cup fat-free plain Greek yogurt
- 2 cups grated carrots
- 2 cups fresh or thawed frozen cranberries, divided
- 1/4 cup shelled pistachios, finely chopped

1. Preheat oven to 375°F. Line muffin cups with paper liners.
2. In a large bowl, whisk the first 5 ingredients (through salt).

In another bowl, grate 1 tsp orange zest and squeeze 1/4 cup juice. Whisk in the sugar, egg whites, oil, and yogurt. Stir into flour mixture just until moistened. Fold in carrots and 1 1/2 cups cranberries.

3. Divide batter among muffin cups. Top with pistachios and remaining cranberries.

4. Bake until a toothpick inserted in a muffin comes out clean (22–25 minutes). Let cool in the pan on a wire rack for 5 minutes. Unmold; cool completely on rack.

SERVING SIZE: 1 muffin

Calories 206; Fat 6.3g (sat 0.8g, mono 4.2g, poly 0.8g); Cholesterol 0mg; Protein 4g; Carbohydrate 34g; Sugars 15g; Fiber 5g; Iron 1mg; Sodium 126mg; Calcium 339mg

WHAT MAKES IT GREAT

cranberries

This antioxidant-packed fruit isn't just for the holidays: Buy 'em frozen all year.



orange

The juice counters any potential bitterness in 100 percent whole-wheat treats.

extra-virgin olive oil

Move over, butter: EVOO is low in saturated fat and makes muffins extra moist.



pistachios

Get crackin' on your vitamin B6 intake with this fiber-packed nut.

fat-free plain Greek yogurt

This surprise ingredient adds protein and calcium.



carrots

A 10-year study found these beta-carotene beauties can reduce the risk of heart disease.

Whole-wheat goodness: There are 5 grams of fiber in each muffin.