

MARQUETTE GENERAL HOSPITAL
HEART HEALTHY RECIPE

*Try this recipe for a heart healthy
breakfast or snack food:*

Orange Cranberry Flax Muffins

1 cup cranberries – chopped coarsely
¼ cup sugar
¼ cup orange juice
1 cup flour
1 cup oat bran
½ cup ground flax seed
½ cup sugar
2 tsp. baking powder
1 tsp. baking soda
½ tsp. salt
1 tsp. orange peel, grated
¼ cup egg beaters
2 Tbsp. canola oil
1 ¼ cup orange juice

Blend together cranberries, sugar and orange juice. Mix together flour, oatbran, flaxseed, sugar, baking powder, baking soda, salt, and orange peel. Combine egg sub, oil, and orange juice in a separate bowl. Pour into dry ingredients. Stir until ingredients are moistened do not over mix. Fold in cranberry mixture with a few strokes. Fill 12 muffin cups ¾ full. Bake at 375° for 30-35 minutes.

Calories – 180; Cholesterol – 0 mg; Fat – 5 g;
Sodium – 250 mg; Fiber – 4 g;
Saturated Fat – 0 g; Carbohydrate - 32 g