

Cranberry Crunch Muffins

INGREDIENTS

- 2 cups all-purpose flour
- 2 tsp baking powder
- 1/2 cup artificial sweetener, such as Splenda^{®†}
- 1/4 cup wheat germ
- 1/4 cup sliced almonds
- 1 Tbsp unsalted butter
- 1 cup (8 fl oz) Homemade Vanilla Nepro[®] with Carb Steady[™]
- 1 large egg
- 1/3 cup vegetable oil
- 1/2 tsp pure vanilla extract
- 2 Tbsp fresh orange zest
- 1/2 cup chopped dried cranberries

[†]Splenda is not a registered trademark of Abbott Laboratories.

DIRECTIONS

1. Preheat the oven to 400°. Line a 12-cup muffin tin with paper liners. Set aside.
2. In a large mixing bowl, combine the flour, baking powder, artificial sweetener and wheat germ. Remove 1/4 cup of the flour mixture and place in a separate smaller bowl.
3. To the 1/4 cup flour mixture, add the sliced almonds and butter. Using a fork, combine this mixture until it is crumbly. Set aside almond crunch mixture.
4. Whisk together the Nepro with Carb Steady, egg, vegetable oil, vanilla extract and orange zest. Pour the mixture into the remaining flour mixture and fold together (just to combine). Add the dried cranberries and gently fold into batter. Do not overblend the batter.
5. Spoon the batter into the prepared muffin pan. Sprinkle the almond crunch mixture (see step #3) evenly over each cup. Bake for 14 to 16 minutes. Remove the muffins from the pan immediately and transfer them to a wire rack to cool. Serve warm. Muffins can be cooled, wrapped individually in airtight bags, and frozen up to 1 month.

Serves: 12 • Serving Size: 1 Muffin

Exchanges¹: 2 Starch; 2 Fat
Carb Choices: 2



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Cranberry Crunch Muffins

Nutrition Facts

Serving Size: 1 Muffin
Servings per Recipe: 12

Amount per Serving

Calories 220	Calories from Fat 100
Total Fat	11 g
Saturated Fat	1.5 g
Cholesterol	20 mg
Sodium	70 mg
Total Carbohydrate	26 g
Dietary Fiber	2 g
Sugars	4 g
Protein	5 g
Vitamin A	120 IU
Vitamin C	3 mg
Calcium	50 mg
Iron	1.7 mg
Phosphorus	80 mg
Potassium	90 mg

Use under medical supervision.