

Eat
Well



ENERGY-BOOSTING MUFFINS

With a hint of cinnamon and a burst of sweetness from raisins, these wholesome and moist muffins are a nourishing way to start your day.

Prep Time **10** min

Cook Time **18** min

Makes 12 muffins

- 60 mL (1/4 cup) canola oil
- 150 mL (2/3 cup) packed brown sugar
- 1 egg
- 1 very ripe banana, mashed
- 1 zucchini, grated (about 250 mL/1 cup)
- 5 mL (1 tsp) ground cinnamon
- 125 mL (1/2 cup) 0% fat plain Greek yogurt
- 5 mL (1 tsp) vanilla extract
- 250 mL (1 cup) all purpose flour with added bran or all purpose flour
- 175 mL (3/4 cup) wheat bran
- 60 mL (1/4 cup) wheat germ
- 5 mL (1 tsp) baking powder
- 2 mL (1/2 tsp) baking soda
- 125 mL (1/2 cup) raisins or dried cranberries or dried blueberries

NUTRIENTS PER MUFFIN

% DV

Calories	185	-
Fat	6 g	9 %
Saturated + Trans	1 g	3 %
	0 g	-
Cholesterol	16 mg	-
Sodium	84 mg	3 %
Carbohydrate	32 g	11 %
Fibre	4 g	14 %
Sugars	17 g	-
Protein	4 g	-
Vitamin A	-	1 %
Vitamin C	-	3 %
Calcium	-	4 %
Iron	-	11 %

1. In a large bowl, whisk together oil, sugar and egg. Add banana, zucchini and cinnamon; stir in yogurt and vanilla.

2. In another bowl, whisk together flour, wheat bran and germ, baking powder and soda. Add flour mixture to banana mixture and stir until just moistened. Stir in raisins.

3. Divide among lightly sprayed or paper lined muffin tins. Bake in preheated 200°C (400°F) oven for about 18 minutes or until light golden and firm to the touch. Let cool slightly before enjoying.



TIPS

- What kid doesn't like making muffins? Little chefs can mash the banana, while older kids can grate the zucchini and scoop batter into the muffin cups.
- Add a little crunch. Stir in 60 mL (1/4 cup) chopped, toasted walnuts into the batter.
- Keep a stash of these muffins in the freezer for a perfect handy snack when you're on the go. Allow muffins to cool completely. Wrap each muffin separately or place in a plastic freezer bag for up to 2 weeks. Warm in a microwave to enjoy another day.

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.