

Marvellous 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.



Vegetarian



30 mins or less



Kid-friendly



Freezer-friendly



PREP TIME
10 min



COOK TIME
18 min



SERVINGS
12 muffins

Ingredients

- 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

Directions

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.
- ✓ Try using less of the ingredients that are high in added sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.

Recipe developed by Emily Richards, P.H. EC for the Heart and Stroke Foundation.
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