

Heart Healthy Muffins

Please your palate and your body, too, with these tasty and good-for-you hearty oatmeal muffins.

WHAT YOU NEED:

- 2 $\frac{1}{4}$ cups flour
- 2 cups oatmeal
- $\frac{2}{3}$ cup sugar
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon soda
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{3}$ cup dried cranberries
- $\frac{1}{3}$ cup canola oil
- 1 whole egg plus 1 egg white
- 1 cup buttermilk
- $\frac{1}{4}$ cup favorite jam

Oatmeal Topping

- 3 tablespoons sugar
- 1 teaspoon cinnamon
- 3 tablespoons oatmeal
- 1 tablespoons canola oil

TO MAKE THE MUFFINS:

1 In a large bowl, mix dry ingredients and dried cranberries. In a small bowl, whip oil, eggs and buttermilk. Make a well in dry ingredients and add oil mixture. Mix until just combined. Do not overmix. Spoon into greased muffin cups, filling about $\frac{3}{4}$ full.



2 Make an indentation in the center of each muffin and add 1 tablespoon of jam. Mix all ingredients for Oatmeal Topping and sprinkle on tops of muffins. Bake in a 400°F oven for 15 minutes or until muffins are lightly browned. Makes 12 muffins.