

CRANBERRY MUFFINS

Portions: 12

Ingredients

1½ cups all-purpose flour
1 teaspoon baking powder
¼ teaspoon salt
½ cup granulated sugar
¼ cup vegetable oil
1 large egg, beaten
1½ cups cranberries, chopped, fresh or frozen
1/3 cup water

Preparation

- 1) Preheat oven to 400 degrees Fahrenheit
- 2) Combine oil and sugar.
- 3) Add egg, baking powder, flour, salt and water.
- 4) Mix well.
- 5) Fold in cranberries.
- 6) Grease muffin tins or use cupcake liners.
- 7) Bake for 20-25minutes or until golden brown and toothpick comes out clean.

Renal and diabetic food choices: 1 starch, ½ low potassium fruit

Nutrients per serving: 141 calories, 2.2g protein, 22g carbohydrate, 55 mg sodium, 55 mg potassium, 41 mg phosphorus

Adapted from National Kidney Foundation Recipes