

Healthy Baking Ingredient Swaps - Morning Glory Muffins

Make healthy adjustments to your favorite baked goods. Feel good about indulging in these occasional treats by swapping in healthier ingredients. As you can see from the before-and-after muffin recipe below, making a few small changes can make a big difference in the amount of fat, calories and salt in one serving.

Original ingredients	Healthier options	Comments - Makes 18 small muffins
2 cups all-purpose flour	1 cup all-purpose flour and 1 cup whole-wheat flour	Substituting whole-wheat flour for half the all-purpose flour will increase the muffins' fiber content.
1 1/2 cups sugar	3/4 cup sugar	Cutting the sugar in half reduces calories, and there are ways to make up for the sweetness with spices.
2 teaspoons baking soda	No change	Don't reduce the baking soda, a leavening agent, or the muffins may be too flat or dense.
1 teaspoon ground cinnamon	2 teaspoons ground cinnamon	Doubling the cinnamon enhances the sweetness on your tongue, helping make up for halving the amount of sugar.
1/2 teaspoon salt	Omit	You can get rid of the extra sodium from the salt because the baking soda contains sodium and provides leavening.
3 large eggs	2 eggs or flax eggs	Decreasing eggs, reduces the saturated fat. <u>Flax eggs</u> – mix 2 tablespoons ground flax with 6 tablespoons water. Mix together and let sit in fridge for 15 minutes to thicken.
1 cup vegetable oil	1/2 cup vegetable oil and 1/2 cup unsweetened applesauce	Cutting the oil in half and making up the difference with unsweetened applesauce, will reduce fat and help keep the muffins moist.
1/2 cup coconut	Omit	Leaving out coconut will cut saturated fat and calories.

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1 teaspoon vanilla extract	2 teaspoons vanilla extract	Doubling the vanilla will enhance the sweetness and more than make up for cutting the amount of sugar.
2 cups peeled and chopped apple	2 cups chopped apple (unpeeled)	Leaving the skin on the apples is an easy way to increase the muffins' fiber content.
1/2 cup raisins	No change	Don't increase the amount of raisins. Raisins are calorie/energy dense, meaning they have a lot of calories in just a small portion.
1/2 cup grated carrots	3/4 cup grated carrots	By bumping up the amount of carrots in your recipe, you'll increase nutrients, such as vitamin A and fiber, and compensate in flavor for the omitted coconut.
1/2 cup pecans	2 tablespoons chopped pecans	Cutting back on the pecans will reduce fat and calories.

Yield: 18 small muffins

Preheat the oven to 350° F. Line muffin tins with cupcake liners. In a large bowl, combine the flour, sugar, baking soda and cinnamon. Whisk to blend evenly. In a separate bowl, add the eggs, oil, applesauce and vanilla. Stir in the apples, raisins and carrots. Add to the flour mixture and blend just until moistened but still slightly lumpy. Spoon the batter into muffin cups, filling each cup about 2/3 full. Sprinkle with chopped pecans and bake until springy to the touch, about 35 minutes. Let cool for 5 minutes, then transfer the muffins to a wire rack and let cool completely.

Revised Recipe - Nutrition analysis per serving (1 muffin) - Recipe make 18:

175 calories
 7 g total fat (0.5 g saturated fat, 0 g trans fat, 4 g monounsaturated fat)
 0 mg cholesterol, 163 mg sodium
 25 g total carbohydrate (2 g dietary fiber, 8 g sugars)
 3 g protein

What you save by making the substitutions in each muffin:

125 calories
 10 g of fat
 31 mg of cholesterol, 67 mg of sodium
 13 g of table sugar

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