



## Healthy Gourmet Breakfast Muffins

By Chef Bryan Woolley

- 1 cup whole-wheat flour
- 1 ½ cups white flour
- 2 cups skim milk
- 2 eggs or the equivalent in egg substitute
- 1/3 cup applesauce
- ½ cup honey
- 2-½ Tbsps baking powder
- 1 tsp salt
- 1 Tbsp cinnamon
- 1 cup golden raisins
- 1 cup dried cranberries
- 1 cup chopped pecans
- 1 cup slivered almonds
- Zest from one orange

1. Combine all ingredients into a large bowl.
2. Using a large spoon, mix ingredients together just until combined.
3. Pour batter into your prepared muffin tins. Fill each muffin form ¾ of the way.
4. Bake in a preheated 350 degree oven for about 30 minutes or until done. A toothpick should come out clean.
5. Remove muffins; allow to cool. Serve and Enjoy!

Nutritional Analysis	Diabetic Exchanges						
<div style="border: 1px solid black; padding: 5px;"> <p><b>Nutrition Facts</b> Serving Size 1/12 of recipe 143g (143g)</p> <hr/> <p><b>Amount Per Serving</b></p> <p><b>Calories</b> 366    <b>Calories from Fat</b> 119</p> <hr/> <p style="text-align: right;"><b>% Daily Value*</b></p> <p><b>Total Fat</b> 14g <span style="float: right;">22%</span></p> <p>  Saturated Fat 1g <span style="float: right;">7%</span></p> <p>  Trans Fat 0g</p> <p><b>Cholesterol</b> 36mg <span style="float: right;">12%</span></p> <p><b>Sodium</b> 456mg <span style="float: right;">19%</span></p> <p><b>Total Carbohydrate</b> 55g <span style="float: right;">18%</span></p> <p>  Dietary Fiber 5g <span style="float: right;">20%</span></p> <p>  Sugars 27g</p> <p><b>Protein</b> 10g</p> <hr/> <p>Vitamin A 5%    •    Vitamin C 4%</p> <p>Calcium 35%    •    Iron 16%</p> <p><small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small></p> <p style="text-align: center;">NutritionData.com</p> </div>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">Fat</td> <td style="text-align: right;">2.8</td> </tr> <tr> <td>Carbohydrates</td> <td style="text-align: right;">4</td> </tr> <tr> <td>Protein</td> <td style="text-align: right;">1.4</td> </tr> </table>	Fat	2.8	Carbohydrates	4	Protein	1.4
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