Muffins, Biscuits, Pancakes, Coffee Cakes, and Other Breakfast Desserts

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Applesauce Cinnamon White Whole Wheat Bread

To enhance the nutritional profile of this quick bread, it is prepared with white whole wheat flour and enriched with applesauce and walnut bits toasted without fat. To toast nuts, cook in a dry nonstick skillet over medium heat, stirring constantly, until they just begin to become fragrant, or about 4 minutes. White whole wheat flour is whole grain flour with the fiber and extra nutrients of whole wheat flour but a milder taste. Egg whites replace the whole eggs. Usually, quick breads call for 4 to 8 tablespoons or more of margarine or butter per loaf. Here, the added fat of choice is a single tablespoon of monounsaturated olive oil.

YIELD: 8½-inch loaf SERVINGS: 16
SERVING SIZE: 1 slice (one-sixteenth loaf)

	WEIGHT	MEASURE
Butter-flavored vegetable oil cooking spray	—	—
White whole wheat flour	6 oz	1¼ c
All-purpose flour	3½ oz	¾ c
Granulated sugar	7 oz	1 c
Baking powder		2 tsp
Ground cinnamon		½ tsp
Baking soda		½ tsp
Salt		¼ tsp
Chopped walnuts, toasted without fat	2 oz	½ c
Unsweetened applesauce	8 oz	1 c
Large egg whites	2½ oz	2
Olive oil		1 tbsp

Preheat oven to 350 degrees F. Coat an 8½-by-4½-by-2½-inch loaf pan with cooking spray.

Combine flours, sugar, baking powder, cinnamon, baking soda, and salt in a medium bowl. Mix until blended. Mix in nuts.

Combine applesauce, egg whites, and oil in a small bowl. Whisk until blended. Mix liquid ingredients into dry ingredients until just moist.

Spread batter evenly in prepared pan. Bake until a wooden pick inserted in center comes out clean, or about 50 minutes. Cool in pan for 10 minutes. Remove from pan to a wire rack to cool completely. Cut into 16 slices and serve.

NUTRITIONAL FACTS		
Calories: 145 (19% from fat)	Carbhydrate: 27.3 g and 72%	Sodium: 112.4 mg
Fat: 3.1 g (.3 g sat, 1.1 g mono, 1.4 g poly)	Fiber: 1.9 g	Calcium: 4.7 mg
Protein: 3.3 g and 9%	Cholesterol: 0 mg	Diabetic Exchanges: 1 Starch; ½ Other Carbohydrate; ½ Fruit; ½ Fat
	Iron: .9 mg	

Apricot Soy Bread Flavored with Orange

The health benefits of eating soyfoods have been widely publicized. To create this sweet and tender quick bread dotted with apricot bits, part of the wheat flour was replaced with soy flour. Not only does soy flour add a sweet, pleasantly musty flavor to this bread, it improves its shelf life.

YIELD: 8½-inch loaf SERVINGS: 16
SERVING SIZE: 1 slice (one-sixteenth loaf)

	WEIGHT	MEASURE
Butter-flavored vegetable oil cooking spray	—	—
Granulated sugar	7 oz	1 c
All-purpose flour	4½ oz	1 c
Soy flour	3½ oz	1 c
Dried apricot bits	4 oz	¾ c (15 apricot halves)
Baking powder		2 tsp
Baking soda		¼ tsp
Salt		¼ tsp
Large egg whites	2½ oz	2
Fresh orange juice		¾ c
Finely grated orange zest		1 tbsp
Olive oil		1 tbsp

Preheat oven to 350 degrees F. Coat an 8½-by-4½-by-2½-inch loaf pan with cooking spray.

Combine sugar, flours, apricots, baking powder, baking soda, and salt in a medium bowl. Mix until blended.

Combine egg whites, orange juice and zest, and oil in a small bowl. Whisk until blended. Mix liquid ingredients into dry ingredients until just moist.

Spread batter evenly in prepared pan. Bake until a wooden pick inserted in center comes out clean, or about 1 hour and 10 minutes. Cool in pan for 10 minutes. Remove from pan to a wire rack to cool completely. Cut into 16 slices and serve.

NUTRITIONAL FACTS

Calories: 142 (14% from fat)	Carbohydrate: 27.2 g and 75%	Sodium: 92.8 mg
Fat: 2.2 g (.3 g sat, .6 g mono, .1 g poly)	Fiber: 1.8 g	Calcium: 18.1 mg
Protein: 3.9 g and 11%	Cholesterol: 0 mg	Diabetic Exchanges: ½ Starch; 1 Other Carbohydrate; ½ Fruit; ½ Fat
	Iron: 1.4 mg	

Baked Blueberry and Whole Wheat English Muffin French Toast

Most people find it easy to eat the six to eleven daily servings of grain-based foods recommended in the USDA Food Guide Pyramid. The problem is making at least three of those whole grain foods. This whole wheat French toast recipe makes this simple, especially so because it can be prepared the day before. Another plus for this French toast recipe: Everyone, including the cook, gets to eat at the same time!

YIELD: 8-inch square breakfast dessert SERVINGS: 9
SERVING SIZE: 2⅔-inch square

	WEIGHT	MEASURE
Butter-flavored vegetable oil cooking spray	—	—
Whole wheat English muffins, cut into 1-inch cubes	12 oz	6 whole
Block-style fat-free cream cheese, chilled and cut into 1-inch cubes	8 oz	1 c
Fresh or frozen unsweetened blueberries	5 oz	1 c
Evaporated fat-free milk		1 c
Large egg whites	6¼ oz	5
Large egg	2 oz	1
Honey	2 oz	2½ tbsp
Vanilla extract		1 tsp

Coat an 8-inch square baking pan with cooking spray. Arrange half the muffin cubes in pan. Sprinkle cream cheese cubes over muffins. Sprinkle blueberries over cream cheese. Arrange remaining muffin cubes over blueberries.

Combine evaporated milk, egg whites, egg, honey, and vanilla in a small bowl. Whisk until blended. Pour evenly over muffin cubes, pressing to moisten with liquid. Cover with foil and refrigerate overnight.

Preheat oven to 350 degrees F. Place foil-covered pan in oven and bake for 30 minutes. Remove foil and bake until puffed and golden brown, or another 30 minutes. Cool on a wire rack at least 10 minutes. Cut into 9 pieces. Place on warm plates. Top with warm blueberry or pure maple syrup, honey, or fruit topping of choice, if desired, and serve.

NUTRITIONAL FACTS

Calories: 168 (9% from fat)
Fat: 1.8 g (.6 g sat, .5 g mono, .4 g poly)
Protein: 11.9 g and 27%
Carbohydrate: 27.4 g and 63%
Fiber: 3 g
Cholesterol: 26.7 mg
Iron: 1.2 mg
Sodium: 449.5 mg
Calcium: 234.3 mg
Diabetic Exchanges: 1 Starch; ½ Other Carbohydrate; ½ Fruit; 1 Very Lean Meat

Baked Oatmeal and Apple Breakfast Dessert

Oats are one of the world's most nutritious grains. They are an excellent source of complex carbohydrates and provide more protein than bulgur wheat or brown rice. Furthermore, this whole grain supplies a substantial amount of iron and manganese along with good quantities of copper, folacin, vitamin E, and zinc. Here the oats are combined with diced apples and raisins, sweetened and flavored with fruit juice concentrate and a sprinkle of cinnamon, and enriched with creamy evaporated fat-free milk. The outcome is a wholesome sugar-free baked breakfast dessert.

YIELD: 8-inch square dessert SERVINGS: 6
SERVING SIZE: 4-by-2⅔-inch piece

	WEIGHT	MEASURE
Butter-flavored vegetable oil cooking spray	—	—
Long-cooking ("old-fashioned") rolled oats	3 oz	1 c
Baking powder		1 tsp
Ground cinnamon		½ tsp
Thawed apple juice concentrate, undiluted		¾ c
Evaporated fat-free milk		½ c
Large egg whites	2½ oz	2
Peeled and cored diced apples	4 oz	1 c
Firmly packed raisins	2 oz	⅓ c

Preheat oven to 400 degrees F. Coat an 8-inch square baking pan with cooking spray.

Combine oats, baking powder, and cinnamon in a medium bowl. Mix until blended.

Combine apple juice concentrate, evaporated milk, and egg whites in a small bowl. Mix until blended. Mix liquid ingredients into dry ingredients until well blended.

Spread evenly in prepared pan. Bake for 20 minutes. Mix in apples and raisins. Continue baking until top is lightly browned, or about another 20 minutes. Cut into 6 pieces and serve. Top with fat-free plain yogurt or fat-free milk, if desired, and serve.

NUTRITIONAL FACTS

Calories: 164 (7% from fat)	Carbohydrate: 34.3 g and 80%	Sodium: 90.7 mg
Fat: 1.3 g (.3 g sat, 0 g mono, .1 g poly)	Fiber: 2.6 g	Calcium: 76.1 mg
Protein: 5.4 g and 13%	Cholesterol: .9 mg	Diabetic Exchanges: ½ Starch; 1½ Fruits; ½ Skim Milk
	Iron: 1.2 mg	

Blueberry Muffins Loaded with Blueberries

It may seem unusual for lemon zest to be an ingredient in blueberry muffins. Its purpose is not to give them a lemon flavor. Rather, it is to bring out the flavor of these golden brown-topped muffins dotted with plump and juicy dark blue berries.

YIELD: 14 muffins SERVING SIZE: 1 muffin

	WEIGHT	MEASURE
Butter-flavored vegetable oil cooking spray	—	—
Fat-free milk		1 c
Prune purée (page 5) or prune baby food	6 oz	¾ c
Granulated sugar	5 oz	¾ c
Large egg white	1¼ oz	1
Olive oil		1 tbsp
All-purpose flour	8 oz	1¾ c
Baking powder		1 tbsp
Salt		½ tsp
Fresh or frozen unsweetened blueberries	5 oz	1 c
Finely grated lemon zest		½ tsp

Preheat oven to 375 degrees F. Coat 14 muffin cups with cooking spray. Do not use paper liners as muffins will stick.

Combine milk, prune purée, sugar, egg white, and oil in a medium bowl. Whisk until well blended.

Combine flour, baking powder, and salt in a medium bowl. Mix until blended. Mix in blueberries and lemon zest. Mix liquid ingredients into dry ingredients until just moist.

Spoon batter into prepared muffin cups, dividing evenly. Bake until a wooden pick inserted in center comes out clean, or about 25 minutes. Remove muffins from pans immediately to a wire rack to cool. Serve warm or at room temperature.

NUTRITIONAL FACTS

Calories: 152 (7% from fat)	Carbohydrate: 32.9 g and 85%	Sodium: 149.6 mg
Fat: 1.2 g (.2 g sat, .8 g mono, .2 g poly)	Fiber: 1.1 g	Calcium: 28.6 mg
Protein: 2.9 g and 8%	Cholesterol: .4 mg	Diabetic Exchanges: 1 Starch; ½ Other Carbohydrate; ½ Fruit
	Iron: 1.1 mg	

Blueberry Oat Bran Muffins Laced with Cinnamon

Oat bran is just as effective at reducing cholesterol levels as two widely prescribed cholesterol-lowering drugs and costs much less, according to a University of Maryland study cited in the University of California at Berkeley Wellness Encyclopedia of Food and Nutrition. *These low-fat and cholesterol-free blueberry oat bran muffins offer a "sweet" alternative to drugs.*

YIELD: 14 muffins SERVING SIZE: 1 muffin

	WEIGHT	MEASURE
Butter-flavored vegetable oil cooking spray	—	—
Oat bran	6 oz	1 c + 2 tbsp
All-purpose flour	4 oz	¾ c + 2 tbsp
Baking powder		2 tsp
Ground cinnamon		1 tsp
Salt		¼ tsp
Fresh or frozen unsweetened blueberries	5 oz	1 c
Fat-free milk		1 c
Granulated sugar	6 oz	¾ c + 2 tbsp
Prune purée (page 5) or prune baby food	6 oz	¾ c
Large egg white	1¼ oz	1

Preheat oven to 375 degrees F. Coat 14 muffin cups with cooking spray. Do not use paper liners as muffins will stick.

Combine oat bran, flour, baking powder, cinnamon, and salt in a large bowl. Mix until blended. Mix in blueberries.

Combine milk, sugar, prune purée, and egg white in a medium bowl. Whisk until well blended. Mix liquid ingredients into dry ingredients until just moist.

Spoon batter into prepared muffin cups, dividing evenly. Bake until a wooden pick inserted in center comes out clean, or 20 to 25 minutes. Remove muffins from pans to a wire rack immediately to cool. Serve warm or at room temperature.

NUTRITIONAL FACTS

Calories: 132 (6% from fat)
Fat: 1.1 g (.2 g sat, .3 g mono, .4 g poly)
Protein: 4 g and 11%
Carbohydrate: 31.7 g and 83%
Fiber: 2.8 g
Cholesterol: .3 mg
Iron: 1.2 mg
Sodium: 125.8 mg
Calcium: 74 mg
Diabetic Exchanges: 1 Starch; ½ Other Carbohydrate; ½ Fruit

Bran Muffins Dotted with Raisins

If you like raisin bran cereal, these muffins are sure to become a favorite. Grab a carton of fat-free milk or yogurt, a piece of your favorite fruit, and one of these muffins for a quick-and-easy, low-fat breakfast on the go.

YIELD: 14 muffins SERVING SIZE: 1 muffin

	WEIGHT	MEASURE
Butter-flavored vegetable oil cooking spray	—	—
Bran flakes	3 oz	2 c (1 pt)
Fat-free milk		1¼ c
Firmly packed light brown sugar	4 oz	½ c
Prune purée (page 5) or prune baby food	3 oz	¼ c + 2 tbsp
Large egg	2 oz	1
Large egg white	1¼ oz	1
All-purpose flour	5 oz	1 c + 2 tbsp
Baking powder		2 tsp
Ground cinnamon		¾ tsp
Salt		¼ tsp
Ground nutmeg		¼ tsp
Firmly packed raisins	4 oz	⅔ c

Preheat oven to 375 degrees F. Coat 14 muffin cups with cooking spray. Do not use paper liners as muffins will stick.

Combine bran flakes and milk in a medium bowl. Stir well. Set aside.

Combine brown sugar, prune purée, egg, and egg white in a small bowl. Whisk until well blended.

Combine flour, baking powder, cinnamon, salt, and nutmeg in a large bowl. Mix until blended. Mix in raisins. Mix bran flake mixture and prune mixture into dry ingredients until just moist.

Spoon batter into prepared muffin cups, dividing evenly. Bake until a wooden pick inserted in center comes out clean, or about 25 minutes. Remove muffins from pans immediately to a wire rack to cool. Serve warm or at room temperature.

NUTRITIONAL FACTS

Calories: 138 (5% from fat)
Fat: .8 g (.2 g sat, .3 g mono, .2 g poly)
Protein: 3.6 g and 10%
Carbohydrate: 30.3 g and 85%
Fiber: 1.5 g
Cholesterol: 15.6 mg
Iron: 2.7 mg
Sodium: 154.9 mg
Calcium: 45.4 mg
Diabetic Exchanges: 1 Starch; ½ Other Carbohydrate; ½ Fruit

Cornmeal Cranberry Drop Biscuits with Cinnamon

The Tufts University Health & Nutrition Letter *reported that the average American doesn't eat even one whole grain item a day. One way to increase whole grain consumption is to replace refined steel-ground cornmeal in recipes with stone-ground (water-ground) cornmeal. Stone-ground cornmeal, available in health-food stores and some supermarkets, is more nutritious because it retains some of the hull and germ of the corn. If you are unable to find it, substitute 6 ounces (1 cup) steel-ground, degermed yellow cornmeal in this recipe.*

YIELD: 16 biscuits SERVING SIZE: 1 biscuit

	WEIGHT	MEASURE
Butter-flavored vegetable oil cooking spray	—	—
Stone-ground yellow cornmeal	4½ oz	1 c
All-purpose flour	5½ oz	1¼ c
Firmly packed light brown sugar	2 oz	¼ c
Baking powder		1 tbsp
Ground cinnamon		1 tsp
Baking soda		¼ tsp
Salt		¼ tsp
Stick margarine, chilled	1½ oz	3 tbsp
Sweetened dried cranberries	4 oz	¾ c
Unsweetened applesauce	8 oz	1 c
Large egg whites	2½ oz	2

Preheat oven to 425 degrees F. Coat a baking sheet with cooking spray.

Combine cornmeal, flour, brown sugar, baking powder, cinnamon, baking soda, and salt in a medium bowl. Mix until blended. Cut margarine into dry ingredients with a pastry blender or two knives until mixture resembles coarse crumbs. Mix in cranberries.

Combine applesauce and egg whites in a small bowl. Mix until blended. Mix liquid ingredients into dry ingredients until just moist soft dough forms.

Drop 16 biscuits by teaspoonfuls onto prepared baking sheets. Bake until golden brown, or about 15 minutes. For best results, serve immediately.

NUTRITIONAL FACTS

Calories: 124 (18% from fat)	Carbohydrate: 23.3 g and 75%	Sodium: 136 mg
Fat: 2.5 g (.5 g sat, 1 g mono, .9 g poly)	Fiber: 1.6 g	Calcium: 8.1 mg
Protein: 2.1 g and 7%	Cholesterol: 0 mg	Diabetic Exchanges: 1 Starch; ½ Fruit; ½ Fat
	Iron: .8 mg	

Cranberry Oat Muffins with a Hint of Orange

Like a steaming bowl of hot oatmeal topped with a sprinkle of sugar, a warm, sweet oat muffin dotted with dried cranberries is sure to hit the spot on a cold winter morning. This recipe calls for long-cooking ("old-fashioned") rolled oats. They work best, but if not available, quick oats can be substituted. Instant oats, however, make a poor substitute. Because instant oats are made from cut oat groats that have been softened in the precooking process, they don't provide enough substance and texture.

YIELD: 14 muffins SERVING SIZE: 1 muffin

	WEIGHT	MEASURE
Butter-flavored vegetable oil cooking spray	—	—
Long-cooking ("old-fashioned") rolled oats	2 oz	⅔ c
Fat-free milk		1 c
All-purpose flour	5 oz	1 c + 2 tbsp
Baking powder		1 tbsp
Salt		½ tsp
Sweetened dried cranberries	4 oz	¾ c
Finely grated orange zest		1 tsp
Granulated sugar	3 oz	¼ c + 2 tbsp
Large egg white	1¼ oz	1
Prune purée (page 5) or prune baby food	1 oz	2 tbsp
Olive oil		1 tbsp

Preheat oven to 375 degrees F. Coat 14 muffin cups with cooking spray. Do not use paper liners as muffins will stick.

Combine oats and milk in a small bowl. Stir well. Set aside.

Combine flour, baking powder, and salt in a medium bowl. Mix until blended. Mix in cranberries and orange zest.

Combine sugar, egg white, prune purée, and oil in a small bowl. Whisk until well blended. Mix prune mixture and soaked oats into dry ingredients until just moist.

Spoon batter into prepared muffin cups, dividing evenly. Bake until a wooden pick inserted in center comes out clean, or about 20 minutes. Remove muffins from pans immediately to a wire rack to cool. Serve warm or at room temperature.

NUTRITIONAL FACTS

Calories: 124 (10% from fat)
Fat: 1.5 g (.3 g sat, .8 g mono, .1 g poly)
Protein: 2.6 g and 9%
Carbohydrate: 25.2 g and 82%
Fiber: 1.5 g
Cholesterol: .4 mg
Iron: .8 mg
Sodium: 146.6 mg
Calcium: 25.6 mg
Diabetic Exchanges: 1 Starch; ½ Other Carbohydrate; ½ Fat

Cranberry White Whole Wheat Bread Flavored with Orange

Researchers have called the shiny, tart red cranberries used in this bread the "jewels of good nutrition." Environmental Nutrition *reported that in addition to fiber and vitamin C, cranberries are rich in antioxidants. Another nutritional benefit of this bread is that it is prepared with white whole wheat flour. Like whole wheat flour, it contains the bran and the germ along with the rest of the grain berry.*

YIELD: 8½-inch loaf SERVINGS: 16
SERVING SIZE: 1 slice (one-sixteenth loaf)

	WEIGHT	MEASURE
Butter-flavored vegetable oil cooking spray	—	—
Fresh or frozen unsweetened cranberries, ground	5 oz	1½ c
Granulated sugar, divided	7 oz	1 c
White whole wheat flour	10 oz	2 c (1 pt)
Baking powder		1 tbsp
Finely grated orange zest		1 tbsp
Salt		¼ tsp
Fat-free milk		¾ c
Large egg whites	2½ oz	2
Olive oil		1 tbsp

Preheat oven to 350 degrees F. Coat an 8½-by-4½-by-2½-inch loaf pan with cooking spray.

Combine cranberries and 2 ounces (¼ cup) sugar in a small bowl. Mix until blended.

Combine remaining 5 ounces (¾ cup) sugar, flour, baking powder, orange zest, and salt in a medium bowl. Mix until blended. Mix in cranberries until blended.

Combine milk, egg whites, and oil in a small bowl. Whisk until blended. Mix liquid ingredients into dry ingredients until just moist.

Spread batter evenly in prepared pan. Bake until a wooden pick inserted in center comes out clean, or about 1 hour. Cool in pan for 10 minutes. Remove from pan to a wire rack to cool completely. Cut into 16 slices and serve.

NUTRITIONAL FACTS

Calories: 128 (8% from fat)	Carbohydrate: 27.7 g and 83%	Sodium: 93.3 mg
Fat: 1.1 g (.1 g sat, .6 g mono, .1 g poly)	Fiber: 2.6 g	Calcium: 15.7 mg
Protein: 3.1 g and 9%	Cholesterol: .2 mg	Diabetic Exchanges: 1 Starch; ½ Other Carbohydrate; ½ Fruit
	Iron: .8 mg	

Five-Spice Sugar-Free Cornmeal Muffins

For an East-meets-West spin on cornmeal muffins, this fruit juice–sweetened, low saturated–fat, cholesterol-free version of the all-American favorite is seasoned with Chinese five-spice powder. This golden-brown spice mixture, available in most supermarkets and Asian markets, consists of five or six ground spices: cinnamon, cloves, fennel seed, star anise, and Szechwan peppercorns (or ginger or cardamom).

YIELD: 12 muffins SERVING SIZE: 1 muffin

	WEIGHT	MEASURE
Butter-flavored vegetable oil cooking spray	—	—
Yellow cornmeal, degermed	8 oz	1¼ c
All-purpose flour	4 oz	¾ c + 2 tbsp
Baking powder		2 tsp
Five-spice powder		1 tsp
Baking soda		½ tsp
Salt		¼ tsp
Thawed apple juice concentrate, undiluted		1 c
Large egg whites	3¾ oz	3
Olive oil		2 tbsp

Preheat oven to 425 degrees F. Coat 12 muffin cups with cooking spray. Do not use paper liners as muffins will stick.

Combine cornmeal, flour, baking powder, five-spice powder, baking soda, and salt in a medium bowl.

Combine juice concentrate, egg whites, and oil in a small bowl. Whisk until well blended. Mix liquid ingredients into dry ingredients until just moist.

Spoon batter into prepared muffin cups, dividing evenly. Bake until a wooden pick inserted in center comes out clean, or about 12 minutes. Remove muffins from pan immediately to a wire rack to cool. Serve warm or at room temperature.

NUTRITIONAL FACTS

Calories: 160 (18% from fat)	Carbohydrate: 29.8 g and 74%	Sodium: 164.6 mg
Fat: 3.2 g (.5 g sat, 2 g mono, .6 g poly)	Fiber: 1.7 g	Calcium: 8.7 mg
Protein: 3.5 g and 9%	Cholesterol: 0 mg	Diabetic Exchanges: 1½ Starches; ½ Fruit; ½ Fat
	Iron: 1.4 mg	

Homestyle Banana Walnut Bread

Growing up, I looked forward to the bananas becoming overripe in our house. This usually meant that my mom would be serving her tender, moist, and oh-so-delicious banana bread for dinner. To speed up the ripening process, bake bright yellow-skinned bananas in their peels, in a 350-degree F oven, turning once, until black and the fruit is sweet, soft, and sticky, or about 15 minutes.

YIELD: 8½-inch loaf SERVINGS: 16
SERVING SIZE: 1 slice (one-sixteenth loaf)

	WEIGHT	MEASURE
Butter-flavored vegetable oil cooking spray	—	—
Chopped walnuts	2 oz	½ c
Puréed very ripe banana (4 medium-small)	14 oz purée	1¾ c
Granulated sugar	6 oz	¾ c + 2 tbsp
Large egg	2 oz	1
Large egg white	1¼ oz	1
Finely grated lemon zest		¾ tsp
All-purpose flour	7 oz	1½ c
Baking soda		1 tsp
Baking powder		¼ tsp
Salt		¼ tsp

Preheat oven to 350 degrees F. Coat an 8½-by-4½-by-2½-inch loaf pan with cooking spray.

Toast nuts by cooking in a dry nonstick skillet over medium heat, stirring constantly until they just begin to become fragrant, or about 4 minutes.

Combine banana, sugar, egg, egg white, and lemon zest in a medium bowl. Whisk until well blended.

Combine flour, baking soda, baking powder, and salt in a medium bowl. Mix until blended. Mix in nuts. Mix liquid ingredients into dry ingredients until just moist.

Spread batter evenly in prepared pan. Bake until a wooden pick inserted in center comes out clean, or about 1 hour and 10 minutes. If top of loaf is becoming too brown, cover loosely with foil and continue baking. Cool in pan for 10 minutes. Remove from pan to a wire rack to cool completely. Cut into 16 slices and serve.

NUTRITIONAL FACTS

Calories: 139 (18% from fat)
Fat: 2.9 g (.4 g sat, .5 g mono, 1.8 g poly)
Protein: 2.8 g and 8%
Carbohydrate: 26.5 g and 74%
Fiber: 1.2 g
Cholesterol: 15.4 mg
Iron: .8 mg
Sodium: 127.2 mg
Calcium: 9.2 mg
Diabetic Exchanges: ½ Starch; 1 Other Carbohydrate; ½ Fruit; ½ Fat

Mincemeat Muffins Sprinkled with Walnuts

Mincemeat is a rich and spicy fruit preserve. Old-fashioned versions typically contained both minced lean beef and beef suet. Today, most mincemeat is made without meat but to be sure, check the ingredient lists of commercially prepared products.

YIELD: 12 muffins SERVING SIZE: 1 muffin

	WEIGHT	MEASURE
Butter-flavored vegetable oil cooking spray	—	—
Chopped walnuts	2 oz	½ c
Mincemeat	10 oz	1¼ c
Granulated sugar	4 oz	½ c
Fat-free milk		¼ c
Fat-free plain yogurt	2 oz	¼ c
Large egg	2 oz	1
Large egg white	1¼ oz	1
Olive oil		1 tbsp
All-purpose flour	9 oz	2 c (1 pt)
Baking powder		1 tbsp
Finely grated orange zest		1 tsp
Salt		½ tsp

Preheat oven to 375 degrees F. Coat 12 muffin cups with cooking spray. Do not use paper liners as muffins will stick.

Toast nuts by cooking in a dry nonstick skillet over medium heat, stirring constantly until they just begin to become fragrant, or about 4 minutes.

Combine mincemeat, sugar, milk, yogurt, egg, egg white, and oil in a medium bowl. Whisk until well blended.

Combine flour, baking powder, orange zest, and salt in a medium bowl. Mix until blended. Mix in nuts. Mix liquid ingredients into dry ingredients until just moist.

Spoon batter into prepared muffin cups, dividing evenly. Bake until a wooden pick inserted in center comes out clean, or about 20 minutes. Remove muffins from pan immediately to a wire rack to cool. Serve warm or at room temperature.

NUTRITIONAL FACTS

Calories: 202 (21% from fat)
Fat: 4.9 g (.8 g sat, 1.7 g mono, 1.9 g poly)
Protein: 4.5 g and 9%
Carbohydrate: 37.4 g and 71%
Fiber: 1.8 g
Cholesterol: 17.9 mg
Iron: 2.3 mg
Sodium: 222.5 mg
Calcium: 31.8 mg
Diabetic Exchanges: ½ Starch; 1 Other Carbohydrate; ½ Fruit; ½ Low-Fat Milk; ½ Fat

Pumpkin Bread Flavored with Aromatic Spices

Until 1929, pumpkin was served only seasonally, as an autumn harvest and winter holiday specialty. That year canned solid-pack pumpkin was introduced, making it possible for us to enjoy our favorite pumpkin dishes such as this aromatic, low-fat quick bread year round. If cinnamon, allspice, nutmeg, and cloves are not among the spices in your collection, they can be replaced with 2 teaspoons of pumpkin pie spice in this recipe.

YIELD: 8½-inch loaf SERVINGS: 16
SERVING SIZE: 1 slice (one-sixteenth loaf)

	WEIGHT	MEASURE
Butter-flavored vegetable oil cooking spray	—	—
Canned pumpkin	10 oz	1 c + 2 tbsp
Unpacked light brown sugar	10 oz	2 c (1 pt)
Large egg	2 oz	1
Large egg white	1¼ oz	1
Olive oil		1 tbsp
All-purpose flour	8 oz	1¾ c
Baking soda		1 tsp
Ground cinnamon		1 tsp
Ground allspice		¾ tsp
Salt		½ tsp
Ground nutmeg		½ tsp
Baking powder		¼ tsp
Ground cloves		⅛ tsp

Preheat oven to 350 degrees F. Coat an 8½-by-4½-by-2½-inch loaf pan with cooking spray.

Combine pumpkin, brown sugar, egg, egg white, and oil in a medium bowl. Whisk until well blended.

Combine flour, baking soda, cinnamon, allspice, salt, nutmeg, baking powder, and cloves in a medium bowl. Mix until blended. Mix liquid ingredients into dry ingredients until just moist.

Spread batter evenly in prepared pan. Bake until a wooden pick inserted in center comes out clean, or about 1 hour and 5 minutes. If top of bread is becoming too brown after 45 minutes, cover loosely with foil and continue baking. Cool in pan for 10 minutes. Remove from pan to a wire rack to cool completely. Cut into 16 slices and serve.

NUTRITIONAL FACTS

Calories: 139 (9% from fat)
Fat: 1.4 g (.3 g sat, .8 g mono, .2 g poly)
Protein: 2.3 g and 6%
Carbohydrate: 29.8 g and 84%
Fiber: 1 g
Cholesterol: 13.3 mg
Iron: 1.4 mg
Sodium: 170.5 mg
Calcium: 26.1 mg
Diabetic Exchanges: 1 Starch; 1 Other Carbohydrate

Raspberry-Filled Crumble Coffee Cake

What makes this coffee cake special is its gooey raspberry filling and crumbly sugar topping. With frozen raspberries readily available year-round, there's no need to limit this breakfast treat to those few summer months when raspberries are in season.

YIELD: 9-inch round cake SERVINGS: 9
SERVING SIZE: 1 wedge (one-ninth 9-inch round)

FILLING

	WEIGHT	MEASURE
Granulated sugar	3 oz	scant ½ c
Cornstarch	½ oz	1⅔ tbsp
Fresh or frozen unsweetened raspberries	5 oz	1 c
Water		¼ c + 1 tbsp
Lemon juice		1 tsp

COFFEE CAKE

	WEIGHT	MEASURE
Butter-flavored vegetable oil cooking spray	—	—
Granulated sugar	6 oz	¾ c + 2 tbsp
Low-fat buttermilk		¾ c
Prune purée (page 5) or prune baby food	3 oz	¼ c + 2 tbsp
Large egg whites	2½ oz	2
Vanilla extract		½ tsp
All-purpose flour	6 oz	1⅓ c
Baking powder		1 tsp
Baking soda		½ tsp
Salt		½ tsp
Ground cinnamon		½ tsp
Ground mace		⅛ tsp

TOPPING

	WEIGHT	MEASURE
Granulated sugar	2 oz	¼ c
All-purpose flour	1½ oz	⅓ c
Stick margarine, chilled	1 oz	2 tbsp

For the filling: Combine sugar and cornstarch in a small bowl. Mix until blended. Combine raspberries and water in a small saucepan. Heat to boiling, then reduce heat. Stir in cornstarch mixture. Continue cooking and stirring until thickened and smooth. Remove from heat to cool. Mix in lemon juice.

For the cake: Preheat oven to 350 degrees F. Coat a 9-inch round cake pan with cooking spray.

Combine sugar, buttermilk, prune purée, egg whites, and vanilla in a medium bowl. Mix until well blended.

Combine flour, baking powder, baking soda, salt, cinnamon, and mace in a medium bowl. Mix until blended. Mix liquid ingredients into dry ingredients just until moist. Spread half the batter in prepared pan. Spread cooled filling over batter. Spoon small mounds of remaining batter over filling and spread out as much as possible with a spatula.

For the topping: Combine sugar and flour in a small bowl. Mix until blended. Cut in margarine with a pastry blender or two knives until mixture resembles coarse crumbs. Sprinkle topping evenly over batter. Bake until a wooden pick inserted in center comes out clean, or about 40 minutes. Cool in pan on a wire rack. Cut into 9 wedges and serve.

NUTRITIONAL FACTS

Calories: 293 (9% from fat)
Fat: 3.1 g (.7 g sat, 1.2 g mono, 1 g poly)
Protein: 4.3 g and 6%
Carbohydrate: 63 g and 85%
Fiber: 2.1 g
Cholesterol: 1.3 mg
Iron: 1.5 mg
Sodium: 292 mg
Calcium: 36.2 mg
Diabetic Exchanges: 1½ Starches; 2 Other Carbohydrates; ½ Fruit; ½ Fat

Whole Wheat Cinnamon Raisin Drop Biscuits

Because these lightly sweetened, golden-brown, crisp-crusted tender biscuits require no kneading or rolling, they are easy to make. Fragrant with cinnamon and hinting of banana, they are heavenly warm out of the oven drizzled with powdered sugar frosting.

YIELD: 20 biscuits SERVING SIZE: 1 biscuit

	WEIGHT	MEASURE
Butter-flavored vegetable oil cooking spray	—	—
Whole wheat pastry flour or whole wheat flour	4 oz	scant 1 c
All-purpose flour	4 oz	¾ c + 2 tbsp
Firmly packed light brown sugar	4 oz	½ c
Baking powder		1 tbsp
Ground cinnamon		1 tbsp
Baking soda		¼ tsp
Salt		¼ tsp
Stick margarine, chilled	1½ oz	3 tbsp
Firmly packed raisins	4 oz	⅔ c
Puréed very ripe banana (2 medium-large)	8 oz purée	1 c
Large egg whites	2	2½ oz
Unsifted powdered sugar	2 oz	½ c
Fat-free milk		2 tsp or as needed

Preheat oven to 400 degrees F. Coat 2 baking sheets with cooking spray.

Combine flours, brown sugar, baking powder, cinnamon, baking soda, and salt in a medium bowl. Mix until blended. Cut margarine into dry ingredients with a pastry blender or two knives until mixture resembles coarse crumbs. Mix in raisins.

Combine banana and egg whites in a small bowl. Mix until well blended. Mix liquid ingredients into dry ingredients until just moist soft dough forms.

Drop 20 biscuits by teaspoonfuls onto prepared baking sheets. Bake until golden brown, or about 12 minutes.

Combine powdered sugar and milk in a small bowl. Beat until smooth and of frosting consistency. Frost biscuits warm out of the oven and serve immediately.

NUTRITIONAL FACTS

Calories: 118 (14% from fat)
Fat: 2 g (.4 g sat, .8 g mono, .6 g poly)
Protein: 2.1 g and 7%
Carbohydrate: 24.3 g and 79%
Fiber: 1.5 g
Cholesterol: 0 mg
Iron: .9 mg
Sodium: 108.7 mg
Calcium: 16.7 mg
Diabetic Exchanges: ½ Starch; ½ Other Carbohydrate; ½ Fruit; ½ Fat

Whole Wheat Gingerbread Pancakes

With all the taste of gingerbread, these aromatic whole wheat pancakes make a nutritious breakfast or brunch alternative to deep-fried donuts or butter-laden sweet rolls.

YIELD: fifteen 4-inch pancakes SERVINGS: 5
SERVING SIZE: three 4-inch pancakes

	WEIGHT	MEASURE
Whole wheat pastry flour or whole wheat flour	6 oz	1⅓ c
Baking powder		2½ tsp
Ground cinnamon		¾ tsp
Ground ginger		½ tsp
Ground nutmeg		¼ tsp
Salt		¼ tsp
Ground cloves		⅛ tsp
Fat-free milk		1½ c
Unsweetened applesauce	2 oz	¼ c
Light molasses		¼ c
Large egg whites	2½ oz	2
Butter-flavored vegetable oil cooking spray	—	—

Combine flour, baking powder, cinnamon, ginger, nutmeg, salt, and cloves in a medium bowl. Mix until blended.

Combine milk, applesauce, molasses, and egg whites in a small bowl. For easy cleanup, measure the molasses in a cup that has been lightly coated with cooking spray. Whisk until blended. Pour wet ingredients over dry ingredients. Gently whisk just until blended. For thinner pancakes, mix in additional milk. For thicker pancakes, mix in additional flour. (Note: The additional milk or flour will not be included in the nutrition analysis.)

Coat a large nonstick griddle or skillet with cooking spray. Place over medium heat until hot. Pour from a pitcher or spoon 3-tablespoon portions of batter onto the hot griddle or skillet. Cook until bubbles appear on surface of pancakes and bottoms are golden brown, or about 2 minutes. Turn

and cook until other sides are golden brown, or about 2 minutes. Repeat, using all batter.

Serve immediately on warm plates or keep warm in 200 degree F oven while you finish cooking the rest. Spoon fruit topping over or drizzle with warm pure maple syrup, if desired.

NUTRITIONAL FACTS

Calories: 208 (3% from fat)
Fat: .7 g (.2 g sat, .1 g mono, .3 g poly)
Protein: 9.1 g and 17%
Carbohydrate: 43.1 g and 80%
Fiber: 4.5 g
Cholesterol: 1.6 mg
Iron: 2.7 mg
Sodium: 306.3 mg
Calcium: 163.2 mg
Diabetic Exchanges: 1½ Starches; ½ Other Carbohydrate; ½ Fruit; ½ Skim Milk

Whole Wheat Oat Muffins Speckled with Dried Cherries

These muffins contain lots of goodies, but it is the dried cherries that make them ideal for Presidents' Day. They can be transformed into Fourth of July specialties by preparing with dried blueberries or featured on Thanksgiving studded with dried apricot bits. At Christmas, mix in dried cranberries and for every day, date bits or raisins are familiar favorites. These muffins are also excellent without any dried fruit.

YIELD: 17 muffins SERVING SIZE: 1 muffin

	WEIGHT	MEASURE
Long-cooking ("old-fashioned") rolled oats	4 oz	1⅓ c
Low-fat buttermilk		2 c (1 pt)
Butter-flavored vegetable oil cooking spray	—	—
Firmly packed light brown sugar	6 oz	¾ c
Large egg whites	2½ oz	2
Prune purée (page 5) or prune baby food	1 oz	2 tbsp
Whole wheat pastry flour or whole wheat flour	7 oz	1⅔ c
Baking powder		2 tsp
Baking soda		1 tsp
Salt		1 tsp
Sweetened dried cherries	4 oz	¾ c

Combine oats and buttermilk in a medium bowl. Stir well. Cover and refrigerate for 6 hours or overnight.

Preheat oven to 375 degrees F. Coat 17 muffin cups with cooking spray. Do not use paper liners as muffins will stick.

Combine brown sugar, egg whites, and prune purée in a large mixing bowl. Beat until well blended.

Combine flour, baking powder, baking soda, and salt in a small bowl. Mix until blended. Mix in dried cherries. Mix dry ingredients and soaked oats into liquid ingredients until just moist.

Spoon batter into prepared muffin cups, dividing evenly. Bake until a wooden pick inserted in center comes out clean, or about 20 minutes. Remove muffins to a wire rack to cool or serve warm.

NUTRITIONAL FACTS

Calories: 141 (6% from fat)
Fat: 1 g (.3 g sat, .2 g mono, .2 g poly)
Protein: 4.4 g and 12%
Carbohydrate: 29.8 g and 82%
Fiber: 2.6 g
Cholesterol: 1.8 mg
Iron: 1.1 mg
Sodium: 281 mg
Calcium: 51.6 mg
Diabetic Exchanges: 1½ Starches; ½ Other Carbohydrate

Whole Wheat Strawberry Pancakes Studded with Strawberry Bits

For a breakfast that is "berry" hard to beat, mix up a batch of these light golden brown pancakes. They are laced with bits of America's favorite berries, strawberries, swirled with strawberry spread, and splashed with almond extract.

YIELD: twelve 4-inch pancakes SERVINGS: 4
SERVING SIZE: three 4-inch pancakes

	WEIGHT	MEASURE
Whole wheat pastry flour or whole wheat flour	2 oz	½ c
All-purpose flour	2 oz	¼ c + 3 tbsp
Baking powder		2 tsp
Salt		¼ tsp
Hulled and diced fresh ripe strawberries	5 oz	1 c
Fat-free milk		½ c
100%-fruit strawberry spread	3 oz	¼ c
Almond extract		½ tsp
Large egg whites	2½ oz	2
Cream of tartar		pinch
Butter-flavored vegetable oil cooking spray	—	—

Combine flours, baking powder, and salt in a medium bowl. Mix until blended. Mix in strawberries.

Combine milk, strawberry spread, and almond extract in a small bowl. Mix until well blended. Pour wet ingredients over dry ingredients. Gently whisk just until blended.

Beat egg whites with an electric mixer until foamy. Add cream of tartar. Continue beating until stiff but not dry. Gently fold egg whites into batter. For thinner pancakes, mix in additional milk. For thicker pancakes, mix in additional all-purpose flour. (Note: The additional milk or flour will not be included in the nutrition analysis.)

Coat a large nonstick griddle or skillet with cooking spray. Place over medium heat until hot. Pour from a pitcher or spoon 3-tablespoon portions of batter onto the hot griddle or skillet. Cook until bubbles appear on

surface of pancakes and bottoms are golden brown, or about 2 minutes. Turn and cook until other sides are golden brown, or about 2 minutes. Repeat, using all batter.

Serve immediately on warm plates or keep warm in 200 degree F oven while you finish cooking the rest. Drizzle warm pure maple syrup over or top with a dollop of vanilla reduced-fat ice cream, if desired.

NUTRITIONAL FACTS

Calories: 168 (2% from fat)
Fat: .5 g (.1 g sat, .1 g mono, .2 g poly)
Protein: 6.5 g and 15%
Carbohydrate: 35.1 g and 82%
Alcohol: .2 g and 1%
Fiber: 3 g
Cholesterol: .6 mg
Iron: 1.5 mg
Sodium: 306.7 mg
Calcium: 52.2 mg
Diabetic Exchanges: 1 Starch; ½ Other Carbohydrate; ½ Fruit; ½ Skim Milk