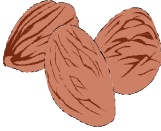


ALMOND BISCOTTI

Serves 24



The Italian word biscotti means “twice baked”. This crunchy cookie is perfect for dipping into coffee, hot cocoa or cappuccino.

Serving size =
1 slice biscotti

Per serving:

Calories: 77

Fat: 2g

Sat fat: 0g

Chol: 0mg

Carb: 14g

Protein: 2g

Sodium: 66mg

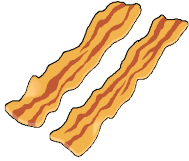
Fiber: 1g

1 cup all-purpose flour
1 cup whole wheat flour
 $\frac{2}{3}$ cup sugar
2 teaspoons baking powder
4 tablespoons reduced-fat margarine
3 egg whites
1 teaspoon vanilla extract
1 teaspoon almond extract
 $\frac{1}{4}$ cup finely chopped almonds

- ❶ Preheat oven to 350°F. Combine the flours, sugar, and baking powder, and stir to mix well. Use a pastry cutter to cut in the margarine until the mixture resembles coarse meal.
 - ❷ Stir in egg whites and the vanilla and almond extracts. Fold in almonds.
 - ❸ Turn the dough onto a lightly floured surface and shape into two 9-x-2-inch logs.
 - ❹ Coat a baking sheet with nonstick cooking spray, and place the logs on the sheet, leaving 4 inches of space between the logs to allow for spreading. Bake at 350°F for about 25 minutes, or until lightly browned.
 - ❺ Cool the logs at room temperature for 10 minutes. Then use a serrated knife to slice the logs diagonally into $\frac{1}{2}$ -inch-thick slices.
 - ❻ Place the slices on an ungreased baking sheet in a single layer, cut side down.
 - ❼ Bake at 350°F for 18 to 20 minutes, or until dry and crisp, turning the slices over after 10 minutes.
 - ❽ Transfer the biscotti to wire racks, and cool completely. Serve immediately or store in an airtight container.
-

BACON & CHEESE BISCUITS

Serves 12



"EASY! Double recipe & freeze leftovers"

Variation:
Replace turkey bacon with lean ham.

Serving size =
1 biscuit

Per serving:

Calories: 178

Fat: 7g

Sat fat: 3g

Chol: 26mg

Carb: 18g

Protein: 10g

Sodium: 514mg

Fiber: <1g

½ pound turkey bacon(1½ cups chopped)
2 cups all-purpose flour
1 cup (4 ounces) light sharp cheddar cheese, shredded
2 teaspoons baking powder
Dash of ground red pepper
1 cup skim milk

❶ Partially cook turkey bacon.

In microwave: Line a microwave safe plate with paper towels; place strips of bacon on plate & cover with paper towels. Cook on HIGH for 1 minute.

In skillet: Coat a medium-size nonstick skillet with nonstick cooking spray; place over medium heat until hot. Add bacon; cook 3 minutes.

❷ Preheat oven to 400°F. Combine partially cooked bacon, flour, cheese, baking powder, and red pepper in a bowl.

❸ Add milk, stirring just until dry ingredients are moistened.

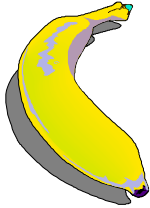
❹ Drop batter by heaping tablespoons onto a baking sheet coated with nonstick cooking spray.

❺ Bake at 400°F for 22 minutes.

Better Bacon: Turkey Bacon gives you all the great bacon taste you want with half the total fat and half the artery-clogging saturated fat of pork bacon! Turkey bacon doesn't shrink like ordinary bacon because it is all meat. The light part is white turkey meat and the dark part is dark turkey meat. Less fat also means no greasy clean-up! So when it's your turn to bring home the bacon, try turkey bacon!

BANANA BREAD

Serves 12



Cook's Tip:
Double recipe and
freeze one loaf.

Serving size =
1 slice

Per serving:
Calories: 158
Fat: 3g
Sat fat: <1g
Chol: 18 mg
Carb: 30g
Protein: 4g
Sodium: 151mg
Fiber: 1g

2 large ripe bananas, mashed
½ cup sugar
½ cup plain fat-free yogurt
2 tablespoons margarine, melted
2 tablespoons unsweetened applesauce
1 teaspoon vanilla extract
1 whole egg
1 egg white
2 cups all-purpose flour
1 teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon salt

- ❶ Preheat oven to 350°F.
- ❷ Combine banana, sugar, yogurt, margarine, applesauce, vanilla, egg and egg white in a large bowl; beat on medium speed with an electric mixer until well blended.
- ❸ Combine flour, baking powder, baking soda and salt in a medium bowl.
- ❹ Add flour mixture to banana mixture, stirring by hand, just until moistened.
- ❺ Spray a 8½ x 4½ x 3-inch loaf pan with nonstick cooking spray; dust lightly with flour.
- ❻ Spoon batter into prepared pan.
- ❼ Bake at 350°F for 55 minutes or until knife inserted in center comes out clean.
- ❽ Cool 10 minutes in pan on a wire rack; remove from pan, and cool completely on a wire rack

■ **Use the Toothpick Test.** The best way to check muffins or breads for doneness is to insert a wooden toothpick in the center of the product. As soon as the toothpick comes out clean, the product should be removed from the oven.

BANANA BRAN MUFFINS

Serves 12



Time Saver: Bran muffins can be made ahead of time, individually wrapped and frozen for convenience. Just microwave on HIGH for 20-30 seconds to thaw.

Serving size =
1 muffin

Per serving:
Calories: 152
Fat: 3g
Sat fat: 0g
Chol: 0mg
Carb: 30g
Protein: 4g
Sodium: 244mg
Fiber: 3g

1½ medium ripe bananas
1 cup All-Bran cereal
2 tablespoons canola oil
3 tablespoons applesauce
½ cup boiling water
¼ cup Egg Beaters
1 cup nonfat buttermilk
1½ cups flour
½ cup sugar
1½ teaspoon baking soda
¼ teaspoon salt
¼ teaspoon cinnamon

- ❶ Preheat oven to 400°F. Spray 12 muffin cups with nonstick cooking spray.
- ❷ In a medium bowl, mash bananas with a fork (do not purée). Add cereal, oil, and applesauce.
- ❸ Pour the boiling water over mixture; let stand 10 minutes.
- ❹ In a measuring cup or small bowl, whisk eggs and buttermilk together; add to cereal mixture.
- ❺ Add remaining ingredients, stirring just until moistened.
- ❻ Divide evenly into muffin cups.
- ❼ Bake at 400°F for 18-20 minutes, or until toothpick inserted in center comes out clean.
- ❽ Banana bran muffins are freshest if stored in the refrigerator.

Variations: Substitute bananas with 1 cup of raisins, currants, dates, or shredded zucchini, or use nutmeg in place of cinnamon.

BLUEBERRY MUFFINS

Serves 12

Cook's Note:
Sometimes these muffins may come out green! If you don't mind the color, they're delicious!

Serving size =
1 muffin

Per serving:
Calories: 190
Fat: 5g
Sat fat: 0g
Chol: 0mg
Carb: 33g
Protein: 3g
Sodium: 152mg
Fiber: 1g

¼ teaspoon salt
¼ cup Egg Beaters
¾ cup skim milk
¼ cup vegetable (canola) oil
1 cup fresh or frozen blueberries, thawed,
rinsed, and drained thoroughly
1 tablespoon all-purpose flour
1 tablespoon sugar

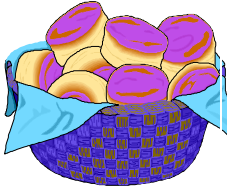
Crumb Topping:

¼ cup brown sugar
2½ tablespoons all-purpose flour
2 teaspoons light margarine

- ❶ Preheat oven to 400°F. Combine flour, sugar, baking powder, grated lemon rind and salt in a large bowl; make a well in center of mixture.
 - ❷ Combine egg beaters, milk, and oil; add to dry ingredients; stir until moistened.
 - ❸ Combine blueberries (drained & rinsed), flour, and sugar, tossing gently. Fold into batter.
 - ❹ Spoon into muffin pans coated with nonstick cooking spray, filling $\frac{2}{3}$ full.
 - ❺ Combine brown sugar and flour; cut in margarine with a fork or pastry blender until mixture resembles coarse meal. Sprinkle evenly over batter.
 - ❻ Bake at 400°F for 20-25 minutes or until golden.
 - ❼ Remove from pans immediately; let cool on wire rack.
-

BUTTERMILK BISCUITS

Serves 12



Cook's Note:
Sometimes these muffins may come out green! If you don't mind the color, they're delicious!

Serving size =
1 muffin

Per serving:
Calories: 190
Fat: 5g
Sat fat: 0g
Chol: 0mg
Carb: 33g
Protein: 3g
Sodium: 152mg
Fiber: 1g

¼ teaspoon salt
¼ cup Egg Beaters
¾ cup skim milk
¼ cup vegetable (canola) oil
1 cup fresh or frozen blueberries, thawed,
rinsed, and drained thoroughly
1 tablespoon all-purpose flour
1 tablespoon sugar

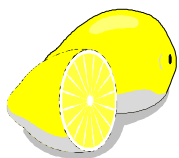
Crumb Topping:

¼ cup brown sugar
2½ tablespoons all-purpose flour
2 teaspoons light margarine

- ❶ Preheat oven to 400°F. Combine flour, sugar, baking powder, grated lemon rind and salt in a large bowl; make a well in center of mixture.
- ❷ Combine egg beaters, milk, and oil; add to dry ingredients; stir until moistened.
- ❸ Combine blueberries (drained & rinsed), flour, and sugar, tossing gently. Fold into batter.
- ❹ Spoon into muffin pans coated with nonstick cooking spray, filling $\frac{2}{3}$ full.
- ❺ Combine brown sugar and flour; cut in margarine with a fork or pastry blender until mixture resembles coarse meal. Sprinkle evenly over batter.
- ❻ Bake at 400°F for 20-25 minutes or until golden.
- ❼ Remove from pans immediately; let cool on wire rack.

LEMON POPPY SEED MUFFINS

Serves 12



Time Saver: Make muffins ahead & freeze.

Serving size =
1 muffin

Per serving:

Calories: 170

Fat: 4g

Sat fat: 0g

Chol: 0mg

Carb: 29g

Protein: 4g

Sodium: 168mg

Fiber: 1g

2 cups all-purpose flour
½ cup sugar
2 tablespoons poppy seeds
1 teaspoon baking powder
1 teaspoon baking soda
¼ teaspoon salt
3 tablespoons canola oil
1 teaspoon grated lemon rind
2 tablespoons lemon juice
1 (8-ounce) carton lemon low-fat yogurt
¼ cup Egg Beaters or 1 egg, lightly beaten

- ❶ Preheat oven to 400°F Combine flour, sugar, poppy seeds, baking powder, baking soda and salt in a large bowl; make a well in center of mixture.
- ❷ Combine oil, grated lemon rind, lemon juice, yogurt and egg beaters; stir well.
- ❸ Add to dry ingredients, stirring just until moist.
- ❹ Divide batter evenly spooning into 12 muffin cups coated with nonstick cooking spray.
- ❺ Bake at 400°F for 14 minutes or until toothpick inserted in center comes out clean and muffins are golden.
- ❻ Remove from pan immediately; let cool on wire rack.

Variation: Add 2 teaspoons pure or 1 tablespoon artificial almond extract in place of lemon juice and delete lemon rind for Almond Poppy Seed Muffins.

PUMPKIN MAPLE NUT MUFFINS

Serves 24



Wrap tightly and store at room temperature.

Serving size =
1 muffin

Per serving:

Calories: 144

Fat: 4g

Sat fat: <1g

Chol: 0mg

Carb: 26g

Protein: 3g

Sodium: 80mg

Fiber: 1g

9 prunes
3 tablespoons water
2½ cups all purpose flour
1 cup sugar
½ cup quick-cooking oats
2 teaspoons baking soda
1 teaspoon ground allspice
1 teaspoon ground cinnamon
2 cups canned solid-pack pumpkin
1 cup (about 4 ounces) chopped pecans
½ cup maple syrup
¼ cup canola oil
½ cup Egg Beaters or 2 egg whites, beaten

- ❶ Preheat oven to 350°F. Spray muffin tin or loaf pan with nonstick cooking spray (or use paper muffin liners).
 - ❷ Pureé prunes and water in food processor or blender until smooth.
 - ❸ Combine flour, sugar, oats, baking soda, allspice, & cinnamon in medium bowl.
 - ❹ Mix pumpkin, pecans, maple syrup, oil, egg beaters & pureed prunes in large bowl.
 - ❺ Stir dry ingredients into pumpkin mixture (batter will be thick). Fill muffin cups until ¾ full.
 - ❻ Bake muffins until knife inserted into center of each muffin comes out clean, about 30 minutes. (If making bread, check at 1 hour and 5 minutes).
 - ❼ Cool muffins in pan 10 minutes. Turn out onto wire racks; cool completely.
-

CRANBERRY COFFEE CAKE

Serves 24



Serving size =
1 square

Per serving:

Calories: 152

Fat: 2g

Sat fat: 0g

Chol: 9 mg

Carb: 31g

Protein: 3g

Sodium: 116mg

Fiber: 2g

Streusel:

½ cup packed brown sugar

⅔ cup flour

½ teaspoon ground cinnamon

2 tablespoons frozen apple juice concentrate, thawed

1 tablespoon canola oil

Cake:

1 (16-ounce) can pears, packed in juice, drained

1 tablespoon margarine

1 cup sugar

1 large egg

1 large egg white

1 tablespoon canola oil

1 tablespoon pure vanilla extract

2¼ cups flour (cake or all-purpose), presifted

1 teaspoon baking powder

1 teaspoon baking soda

½ teaspoon salt

1 cup fat-free sour cream

1 (12-ounce) pkg fresh cranberries OR

½ package cranberries & 2 fresh apples, peeled and diced

To Make Streusel:

- ① In a medium bowl, stir together brown sugar, flour, and cinnamon.
- ② Mix apple juice concentrate and oil and drizzle over flour mixture.
- ③ Blend with a fork or your fingers until crumbly; set aside.

To Make Cake:

- ① In a food processor or blender, purée pears.
- ② Transfer to a wide saucepan and cook over medium heat, stirring almost constantly, until most of liquid has evaporated and pears are reduced to about ½ cup, 8 to 10 minutes.
- ③ Transfer to a large bowl, and put in refrigerator until cooled completely.
- ④ Preheat oven to 350°F. Spray a 13-x-9-inch baking dish with nonstick cooking spray.
- ⑤ In a small saucepan, melt margarine over medium heat. Cook, swirling the pan, until margarine turns a light nutty brown, about 60 seconds. Remove from heat and pour melted margarine into pear purée.



- ⑥ Add sugar, egg, egg white, oil, and vanilla, whisking until smooth.
- ⑦ In a medium bowl, mix together flour, baking powder, baking soda, and salt; add to pear mixture alternately with sour cream.
- ⑧ Spread half of the batter in the bottom of the prepared baking dish.
- ⑨ Top with diced apple or half of cranberries, then the remaining batter, then remaining cranberries. Sprinkle streusel over the top.
- ⑩ Bake for 40 to 45 minutes, or until knife inserted in center comes out clean. Serve warm.

Cook's Tip: Pureed prunes or baby food prunes are one of the best fat replacers in baked chocolate goodies, such as brownies and cakes. They add a naturally sweet flavor and a chewy texture. The dark color and rich flavor of chocolate disguises the prunes, so you won't even notice they're there.

To make your own **Homemade Prune Butter**: Combine $\frac{1}{3}$ cup pitted prunes, 1 teaspoon sugar, and 2 teaspoons light-colored corn syrup in a food processor; process 5 seconds. With the processor on, slowly add 2 tablespoons water through the food chute; process until the mixture is smooth, scraping the sides of the bowl frequently.

HONEY WHEAT

Serves 36

☺ Kids love this bread!



Makes 3 loaves

Serving size =
1 slice (12 slices per loaf)

Per serving:

Calories: 89

Fat: 1g

Sat fat: 0g

Chol: 6mg

Carb: 17g

Protein: 3g

Sodium: 212mg

Fiber: 2g

½ cup warm water
2 packages (¼ ounce each) dry yeast
2 cups whole wheat flour
3 cups enriched white flour
¼ cup nonfat dry milk powder
2 to 3 tablespoons wheat germ
½ cup All Bran cereal
1 tablespoon salt
⅓ cup honey
1 egg
2½ tablespoons canola oil
2 cups cold water

- ❶ Sprinkle two packages of dry yeast in warm water. Do not stir.
- ❷ Combine all dry ingredients (wheat flour, white flour, dry milk powder, wheat germ, bran cereal and salt). Add honey, egg, oil, cold water, and dissolved yeast to dry ingredients.
- ❸ Stir into a moderately stiff dough, adding ¼ cup more white flour
- ❹ Knead about 10 minutes. Shape and place in bowl sprayed with nonstick cooking spray, turning dough in bowl once.
- ❺ Cover with a clean kitchen towel and allow to rise 1 hour at room temperature.
- ❻ Knead again 10 minutes. Shape into loaves. Let rest on counter 10 minutes.
- ❼ Roll with rolling pin sprayed with nonstick cooking spray to dissolve air bubbles. Reshape.
- ❽ Place in 3 greased loaf pans. Let rise 1 hour. Bake at 350°F for 30-35 minutes.

Cook's Tip: Contrary to popular belief, honey is not significantly more nutritious than sugar, but it does add a nice flavor to baked goods. It also adds moistness, reducing the need for fat. Honey is generally 20 to 30 % sweeter than sugar. Be sure to consider this when making substitutions.

MAPLE OATMEAL MUFFINS

Serves 12



"These tasty muffins make a great substitute for oatmeal in the morning!"

Serving size =
1 muffin

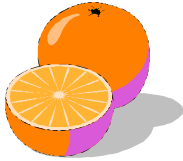
Per serving:
Calories: 234
Fat: 6g
Sat fat: 1g
Chol: 18mg
Carb: 41g
Protein: 4g
Sodium: 211mg
Fiber: 1g

2 cups all-purpose flour
1 cup quick-cooking oats
2 teaspoons baking powder
2 teaspoons ground cinnamon
½ teaspoon baking soda
½ teaspoon salt
1 cup nonfat buttermilk
¾ cup unsweetened applesauce
½ cup pure maple syrup
½ cup packed golden brown sugar
¼ cup canola oil
1 large egg
2 teaspoons vanilla extract

- ① Preheat oven to 400°F. Spray muffin tin with nonstick cooking spray or line muffin cups with paper liners.
 - ② Combine all dry ingredients (flour, oats, baking powder, cinnamon, baking soda and salt) in large bowl and stir to blend.
 - ③ Whisk together buttermilk, applesauce, maple syrup, brown sugar, oil, egg and vanilla in medium bowl until well blended.
 - ④ Add to dry ingredients and stir just to incorporate (do not over mix).
 - ⑤ Divide batter equally among muffin cups (batter will reach the top of cups).
 - ⑥ Bake until muffin tops are golden brown and toothpick inserted into center of muffins comes out clean, about 28 minutes. Transfer to a wire rack and cool.
-

ORANGE BREAD

Serves 16



Variation:
This batter also makes a fabulous cake! Just pour batter into a bundt pan instead of a loaf pan and serve for dessert.

Makes 1 loaf

Serving size =
1 slice

Per serving:

Calories: 138

Fat: 2g

Sat fat: 0g

Chol: 13mg

Carb: 28g

Protein: 2g

Sodium: 71mg

Fiber: <1g

- 3/4 cup orange juice
- 1/4 cup hot water
- 1/2 teaspoon baking soda
- 1 egg
- 1 cup sugar
- 2 tablespoons margarine, melted
- 1 tablespoon vanilla extract
- 2 cups flour
- 1 teaspoon baking powder

Glaze:

- 2 tablespoons orange juice
- 1/4 cup powdered sugar
- 1/2 teaspoon vanilla extract

- ① Preheat oven to 350°F. Spray loaf pan with nonstick cooking spray; set aside.
 - ② Mix together first 3 ingredients (orange juice, hot water and baking soda) in a measuring cup or small bowl; set aside.
 - ③ In a medium bowl, mix egg, sugar, margarine & vanilla; whisk until blended.
 - ④ Add flour & baking powder to egg mixture.
 - ⑤ Add orange juice, water and baking soda mixture to flour mixture; stir.
 - ⑥ Pour into loaf pan sprayed with nonstick cooking spray; bake at 350° F for 1 hour.
 - ⑦ Just before bread is ready, make glaze:
Mix glaze ingredients together in a measuring cup or a small microwave safe bowl. Microwave on HIGH for 20-30 seconds, watching carefully so that it does not boil over!
 - ⑧ When cake is ready, remove from oven.
Poke loaf all over with a toothpick and pour hot glaze over top.
 - ⑨ Let cool at least 10 minutes before slicing.
-

OVERNIGHT HERB ROLLS

Serves 18



TIP: Bread flour, available bleached or unbleached, is ideally suited for yeast breads. It is a specially formulated blend that improves yeast activity.

Serving size =
1 roll

Per serving:

Calories: 128

Fat: 2g

Sat fat: 0g

Chol: 16mg

Carb: 23g

Protein: 4g

Sodium: 154mg

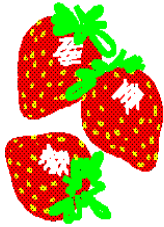
Fiber: <1g

- 1 package active dry yeast
- ¼ cup cool (70°F) water
- 3 tablespoons sugar
- 1 teaspoon salt
- 1 tablespoon fresh parsley, minced
- 1 Tbsp. fresh or 1 tsp dried dill, minced
- 1 tablespoon fresh or 1 teaspoon dried chives, minced
- 1 tablespoon fresh rosemary leaves or 1 teaspoon dried
- 2 tablespoons melted margarine
- 1 large egg
- 1 cup skim milk
- 3½ to 3¾ cups bread flour or all-purpose flour
- 1 tablespoon lightly beaten egg

- ❶ In a large bowl, sprinkle yeast over water. Let stand until dissolved, about 5 minutes. Stir in sugar, salt, parsley, dill, chives, rosemary, margarine, whole egg, and milk, then gradually stir in 3¼ cups flour until moistened.
 - ❷ Scrape dough onto a lightly floured board; knead until smooth, elastic, and no longer sticky, 12 to 15 minutes. Add flour as required to prevent sticking.
 - ❸ Shape dough into 18 equal balls; evenly space in a buttered 9 x 13-inch pan. Let rise as directed in next step or, if making ahead, wrap airtight and chill up to 24 hours, then let rise.
 - ❹ Place pan in a warm place; let dough rise until double, 45 to 60 minutes.
 - ❺ Brush with beaten egg; bake at 350°F until deep golden, 25 to 30 minutes.
-

STRAWBERRY MUFFINS

Serves 18



Serving size =
1 muffin

Per serving:

Calories: 142

Fat: 4g

Sat fat: 1g

Chol: 13mg

Carb: 24g

Protein: 3g

Sodium: 170mg

Fiber: 1g

2 ½ cups all purpose flour
⅔ cup sugar
1 teaspoon baking soda
¾ teaspoon ground cinnamon
½ teaspoon salt
1½ cups fresh sliced strawberries
1 cup nonfat buttermilk
⅓ cup margarine, melted
1¼ teaspoon vanilla extract
1 egg, lightly beaten
1 egg white, lightly beaten
1½ tablespoon sugar

- ❶ In a large bowl, combine flour, sugar, baking soda, cinnamon and salt; stir well.
- ❷ Add fresh strawberries; stir well, and make a well in center of mixture.
- ❸ In a medium bowl, combine buttermilk, margarine, vanilla and eggs; stir well.
- ❹ Add liquid ingredients to dry ingredients, stirring just until moistened.
- ❺ Divide batter evenly among 18 muffin cups coated with nonstick cooking spray; sprinkle 1½ tablespoons sugar evenly over muffins.
- ❻ Bake at 350°F for 25 minutes or until a wooden toothpick inserted in the center comes out clean.
- ❼ Remove and let cool on a wire rack.

TIP: Strawberries and raspberries are fragile and will keep only about a day or two; blueberries and peaches slightly longer. Want to get a head start for winter? Berries and peaches freeze beautifully.

SWEET POTATO ZUCCHINI BREAD

Serves 16

Nutri-Tip:
One slice of this colorful, delicious bread has half the RDA for Vitamin A & Beta-carotene!

Makes 1 loaf

Serving size =
1 slice

Per serving:

Calories: 197

Fat: 4g

Sat fat: 0g

Chol: 0g

Carb: 38g

Protein: 3g

Sodium: 116mg

Fiber: 2g

2 cups pre-sifted flour
1½ teaspoons ground cinnamon
¼ teaspoon baking powder
1 teaspoon baking soda
¼ teaspoon salt
1½ cup sugar
¼ cup canola oil
½ cup applesauce
¾ cup Egg Beaters
1 teaspoon vanilla extract
1½ cup raw grated zucchini
1½ cup raw grated sweet potato

- ❶ Preheat oven to 350°F.
 - ❷ Spray a 9-x 5-x 3-inch loaf pan with nonstick cooking spray, and flour lightly.
 - ❸ Mix flour, cinnamon, baking powder, baking soda, and salt together in a medium bowl.
 - ❹ Blend sugar, oil, applesauce, egg beaters and vanilla in a large bowl.
 - ❺ Mix in zucchini and sweet potato.
 - ❻ Add dry ingredients and stir well.
 - ❼ Transfer batter to prepared pan.
 - ❽ Bake until toothpick inserted into center comes out clean, about 1 hour 20 minutes.
 - ❾ Cool bread in pan on rack 15 minutes.
Loosen bread from pan with a spatula. Turn out onto rack and cool completely. Wrap in foil.
-

ZUCCHINI MUFFINS

Serves 19

Variation:
Add ¼ cup finely
chopped walnuts.
Per serving:
Calories: 160
Fat: 4g
Sodium: 203mg

Serving size =
1 muffin

Per serving:
Calories: 150
Fat: 3g
Sat fat: 0g
Chol: 0mg
Carb: 39g
Protein: 3g
Sodium: 203mg
Fiber: 1g

¾ cup Egg Beaters
¼ cup canola oil
½ cup granulated sugar
½ cup brown sugar
¾ cup applesauce
2 teaspoons vanilla extract
2 cups (3 medium) zucchini, grated
2 cups all-purpose flour
½ teaspoon baking powder
2 teaspoons baking soda
1 teaspoon ground cinnamon
¼ teaspoon nutmeg(optional)
¾ teaspoon salt
1 cup golden raisins

- ❶ Preheat oven to 350°F.
 - ❷ In a large mixing bowl, use a whisk to beat together the egg substitute, oil, and sugars.
 - ❸ Add the applesauce and vanilla and continue beating until the sugars have dissolved.
 - ❹ Using a rubber spatula, stir in the zucchini.
 - ❺ In another bowl, stir together the flour, baking powder and soda, cinnamon, nutmeg, salt, and raisins.
 - ❻ Stirring just enough to mix ingredients, gently stir the flour mixture into the liquid mixture.
Do NOT over beat.
 - ❼ Spoon batter evenly into 19 muffin pans coated with nonstick cooking spray, filling three-fourths full.
 - ❽ Bake at 350°F for 25 minutes; let cool on a wire rack.
-

OAT BRAN MUFFINS

Serves 12

Serving size =
1 muffin

Per serving:

Plain

Calories: 98

Fat: 2g

Sat fat: 0g

Chol: 0mg

Carb: 23g

Protein: 4g

Sodium: 95mg

Fiber: 2g

Raisin

Calories: 111

Carb: 26g

Banana

Calories: 105

Carb: 24g

Blueberry

Calories:

102Carb: 24g

Apple Cinn

Calories: 102

Carb: 24g

Cranberry

Calories: 102

Carb: 24g

2¼ cups unprocessed oat bran

¼ cup packed brown sugar

1 teaspoon baking powder

¼ teaspoon salt

¾ cup skim milk

½ cup Egg Beaters

¼ cup honey

2 teaspoons canola oil

❶ Preheat oven to 425° F.

Combine oat bran, brown sugar, baking powder and salt in a large bowl; make a well in center of mixture.

❷ Combine milk, egg beaters, honey and oil; add to dry mixture, stirring just until moistened (Do not overmix).

❸ Spoon batter into muffin pans coated with nonstick cooking spray, filling three-fourths full.

❹ Bake at 425° F for 15 minutes.

Variations:

Raisin Oat Bran Muffins:

Add ⅓ cup raisins to batter.

Banana Oat Bran Muffins:

Add ½ cup mashed ripe banana to batter.

Blueberry Oat Bran Muffins:

Add ½ cup fresh or frozen (thawed) blueberries to batter.

Apple-Cinnamon Oat Bran Muffins:

Add ½ cup minced apple and 1 teaspoon ground cinnamon to batter.

Cranberry Oat Bran Muffins:

Add ¾ cup fresh or frozen (thawed) cranberries to batter.

WHOLE WHEAT ROLLS

Serves 12



TIP: When baking muffins and breads, substitute whole-wheat flour or ground oats for up to one-third of the all-purpose white flour.

Serving size =
1 roll

Per serving:

Calories: 138

Fat: 3g

Sat fat:

Chol: 0mg

Carb: 25g

Protein: 4g

Sodium: 129mg

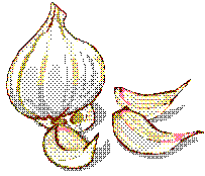
Fiber: 2g

- 1 package active dry yeast
- ¼ cup warm water (105° to 115°F)
- 2 cups all-purpose flour, divided
- ⅔ cup whole wheat flour
- 2 tablespoons sugar
- ½ teaspoon salt
- ¾ cup skim milk
- 2 tablespoons margarine, melted
- 1 tablespoon all-purpose flour
- 2 tablespoons regular oats, uncooked

- ① Combine yeast and warm water in a measuring cup or small bowl; let stand 5 minutes. Combine yeast mixture, 1½ cups all-purpose flour, whole wheat flour, sugar, salt, milk, and margarine in a large mixing bowl. Beat with an electric mixer at medium speed until well blended. Gradually stir in enough of the remaining ½ cup all-purpose flour to make a soft dough.
- ② Sprinkle 1 tablespoon all-purpose flour evenly over work surface. Turn dough out onto floured surface, and knead until smooth and elastic (about 10 minutes). Place dough in a large bowl coated with nonstick cooking spray, turning to coat top. Cover with a clean kitchen towel and let rise in a warm place (85°) free from drafts, 1 hour or until doubled in bulk.
- ③ Coat muffin pans with nonstick cooking spray. Punch dough down, & divide into 2 equal portions. Shape each portion into 18 balls. Place 3 balls into each muffin cup. Coat tops with nonstick cooking spray, and sprinkle with oats. Cover and let rise in a warm place free from drafts, 40 minutes or until doubled in bulk. Bake at 425°F for 15 minutes or until golden.

GARLIC BREAD

Serves 10



Serving size =
1 medium slice

Per serving:

Calories: 99
Fat: 4g
Sat fat: <1g
Chol: 0mg
Carb: 13g
Protein: 2g
Sodium: 166mg
Fiber: <1g

1 loaf French bread
2 tablespoons light margarine
1 tablespoon olive oil
2 teaspoons garlic powder
1 tablespoon parsley flakes

- ❶ Preheat oven to 350°F.
- ❷ Slice loaf of French bread in half lengthwise.
- ❸ Combine melted margarine & olive oil.
- ❹ Brush or spread margarine/oil mixture on loaf halves distributing evenly.
- ❺ Sprinkle each half lightly with garlic powder and parsley.
- ❻ Wrap loaf loosely in aluminum foil and bake at 350°F for 12-15 minutes or until warmed and crust is slightly crisp.

CORNBREAD

Serves 8

Serving size =
1 square

Per serving:

Calories: 177
Fat: 4g
Sat fat: 2g
Chol: 0mg
Carb: 30g
Protein: 2g
Sodium: 350mg
Fiber: 1g

1 package Jiffy brand corn muffin mix
 $\frac{2}{3}$ cup fat-free sour cream
 $\frac{1}{4}$ cup egg beaters

- ❶ Preheat oven to 350°F Combine all ingredients.
 - ❷ Let sit 5-6 minutes.
 - ❸ Spray an 8 x 5-inch pan with nonstick cooking spray.
 - ❹ Pour batter into prepared pan.
 - ❺ Bake according to package directions (15-20 minutes at 350°F).
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