



Cranberry Corn Mini Muffins



1/12 of recipe (2 muffins): 116 calories, 1g total fat (<0.5g sat. fat), 177mg sodium, 27g carbs, 2g fiber, 6.5g sugars, 5g protein

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Prep: 15 minutes **Cook:** 15 minutes



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Ingredients

- 1 1/2 cups old-fashioned oats
- 3/4 cup frozen sweet corn kernels, thawed
- 3/4 cup yellow cornmeal
- 3/4 cup (about 6 large) egg whites or fat-free liquid egg substitute
- 3/4 cup fat-free vanilla Greek yogurt
- 1/3 cup + 1 tbsp. unsweetened vanilla almond milk, divided
- 1/3 cup natural no-calorie sweetener that measures cup-for-cup like sugar
- 2 1/4 tsp. baking powder
- 2 tsp. vanilla extract
- 1/4 tsp. salt
- 1/3 cup sweetened dried cranberries, chopped
- 1 tbsp. + 1/8 tsp. orange zest, divided
- 3 tbsp. powdered sugar

Directions

Preheat oven to 375°F. Line [a 24-cup mini muffin pan](#) with foil baking cups, or spray it with nonstick spray.

In a blender, pulse oats to the consistency of coarse flour. Reserve 1 tbsp. milk for drizzle. Add all remaining ingredients except cranberries, orange zest, and powdered sugar. Blend until just smooth and uniform, stopping and stirring if needed. (Do not over-blend.)

Gently stir in cranberries and 1 tbsp. orange zest. Transfer to the pan, and smooth out the tops. (Cups will be full.) Bake until a toothpick inserted into the center of a muffin comes out clean, 12–14 minutes.

In a small bowl, combine powdered sugar with remaining 1 tbsp. milk and 1/8 tsp. orange zest. Mix well. Drizzle over muffins.

MAKES 12 SERVINGS

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