



## 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

**Green Plan [SmartPoints](#)® value 4\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 3\***

**Purple Plan [SmartPoints](#)® value 3\***

**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**

**SmartPoints**® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.