



Cranberry Orange Blender Muffins



1/12th of recipe (1 muffin): 103 calories, 2.5g total fat (0.5g sat fat), 176mg sodium, 19.5g carbs, 2g fiber, 5g sugars, 3g protein

Freestyle™ [SmartPoints®](#) value 3*

Prep: 15 minutes **Cook:** 20 minutes



Ingredients

1 large orange
1 1/2 cups old-fashioned oats
1 cup unsweetened applesauce
1/2 cup all-purpose flour
1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
1/4 cup light whipped butter or light buttery spread
2 1/2 tbsp. Truvia spoonable no-calorie sweetener (or another natural brand that's about twice as sweet as sugar)
1 tsp. vanilla extract
1 1/2 tsp. baking powder
1 tsp. cinnamon
1/2 tsp. baking soda
1/4 tsp. ground ginger
1/8 tsp. salt
1/3 cup sweetened dried cranberries, chopped

Directions

Preheat oven to 350 degrees. Line a 12-cup muffin pan with foil baking cups, or spray it with nonstick spray.

Zest and juice the orange; you'll need 1 1/2 tbsp. zest and 1/4 cup juice.

Pulse oats to the consistency of coarse flour in a blender. Add orange juice and all remaining ingredients *except* cranberries and orange zest. Blend until completely smooth and uniform, stopping and stirring if needed. (Do not over-blend.)

Add cranberries and orange zest. Gently stir. Transfer to the pan, and smooth out the tops. Bake until a toothpick inserted into the center of a muffin comes out clean, 18 - 20 minutes.

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.