Vegan Zucchini Raisin Muffins

(Makes 12 muffins)
(V) – This recipe is a vegan option recipe!

Ingredients:

- ½ cup raisins
- ½ cup oat bran
- ½ cup boiling water
- ½ cup orange juice
- 1/3 cup honey, maple syrup, or sugar
- Egg replacer for 2 eggs (2 tablespoons flaxseed meal mixed with 6 tablespoons water, OR 1 tablespoon Ener-G egg replacer mixed with 4 tablespoons water)
- 2 medium zucchini, shredded (2 cups)
- 1 cup whole-wheat flour or barley flour
- ½ cup blue or yellow cornmeal
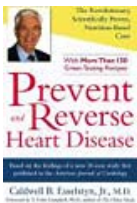- 4 teaspoons baking powder
- 1 teaspoon ground cinnamon

Directions:

1. Preheat oven to 375 degrees.
2. Put raisins, bran, and boiling water into small bowl.
3. Stir orange juice, honey, egg replacer, and zucchini together in a large bowl. Add raisin/bran mixture and stir.
4. Stir flour, cornmeal, baking powder, and cinnamon together in a medium bowl.
5. Fold dry ingredients into liquid mixture and stir.
6. Pour batter into nonstick muffin tin.
7. Bake for 30 minutes, or until a toothpick comes out clean.

Nutritional Analysis: *(per serving)*

- Calories: 130
- Total Fat: 1.5 g
- Saturated Fat: 0 g
- Cholesterol: 0 mg
- Sodium: 210 mg

- Total Fiber: 3 g
- Protein: 4 g
- Carbohydrate: 28 g
- Sugar 11 g

Source:

Prevent and Reverse Heart Disease by Caldwell B. Esselstyne, Jr. MD

The Miller Family Heart & Vascular Institute
Preventative Cardiology and Rehabilitation
Nutrition Program

For this and other recipes visit:
www.clevelandclinic.org/HeartHealthyRecipes
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