



TEACHING KITCHEN

VIRTUAL WELLNESS *Series*

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Join April Rozzo, FCS Clinical Oncology Dietitian, for a hands-on session preparing one of her favorite healthy eating recipes.

CRANBERRY ORANGE OAT MUFFINS

Ingredients/Shopping List

- 1 ¼ cups all-purpose flour
- 1 ¼ cups old fashioned oats
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 2/3 cup low-fat milk
- ½ cup maple syrup
- 3 tablespoons vegetable oil
- 1 large egg, plus 2 egg whites
- 1 teaspoon grated orange zest (about 1 orange)
- 1 ½ cups fresh cranberries, chopped coarse
- ½ cup pumpkin seeds (pepitas), toasted

Instructions

1. Pre-heat oven to 375°F. Place pumpkin seeds in a small skillet or shallow baking dish and toast in the oven for about 10 minutes until fragrant and starting to brown. Spray a 12-cup muffin tin with canola oil spray, or grease and flour each muffin tin.
2. In a large bowl combine flour, oats, baking powder, baking soda and salt. In a separate small bowl whisk together milk, maple syrup, oil, egg, egg whites, and orange zest.
3. Stir the wet ingredients into the dry ingredients until just combined. Then fold in cranberries and pumpkin seeds.
4. Spoon batter into prepared muffin tin, about ¾ full. Bake until toothpick inserted into center comes out clean, about 20–25 minutes. Cool in tin for 5–10 minutes, then transfer to a wire rack to cool completely.

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