

Master art of making tasty low-fat muffins

The idea behind low-fat muffins is a great one: use careful ingredient substitution to create baked goods that are healthful and taste great. In practice, however, reduced-fat baked goods can result in food with bland taste; rubbery texture and lackluster appearance. But with a few simple guidelines, you can cut the fat in your

muffins are one of the best candidates among baked goods for fat-reducing recipe adaptations. The key to success is to replace between a third to half of the fat in a recipe and evaluate the results before reducing fat in further batches.

When a muffin recipe calls for butter, margarine or another solid shortening, replace the fat

three-fourths as much of a chosen substitute. Add a little more fruit, sauce or puree, if the resulting batter seems dry. Cut fat while preserving tenderness by using two egg whites for each whole egg. To retain moisture, bake the muffins at a slightly lower temperature and be careful not to over bake.

When you create lower fat versions of your favorite recipes, choose an alternative to fat that's compatible with the other ingredients. If the recipe already contains applesauce, fruit puree, fruit juice, buttermilk or yogurt, simply increase that ingredient as you reduce the fat. If there is no fat substitute among listed ingredients, consider adding a fat substitute with flavors that complement the recipe.

A mild-tasting substitute like nonfat buttermilk or plain non-fat yogurt would be a good addition to muffins with a subtle flavor. Spice muffins take fat alternatives with stronger flavors such as mashed bananas, mashed pumpkin or maple syrup.

If you eliminate all the fat in a recipe, it helps to substitute a whole grain flour for at least a third to a half of the refined flour in a recipe. The fiber in whole grain flour will help to ensure a pleasing texture.

Cranberry Maple Muffins provide spicy flavor with little fat.

CRANBERRY MAPLE MUFFINS

Batter:
1 1/2 cups flour
1/4 cup sugar
1/4 cup light brown sugar

2 teaspoons baking powder
1 teaspoon cinnamon
1 egg
1/2 cup skim milk
1/4 cup applesauce
2 tablespoons oil
1 1/2 teaspoons maple extract
1 1/4 cups fresh or frozen cranberries
Topping:
1/4 cup flour
1 tablespoon brown sugar
1/2 teaspoon cinnamon
2 tablespoons butter or mar-

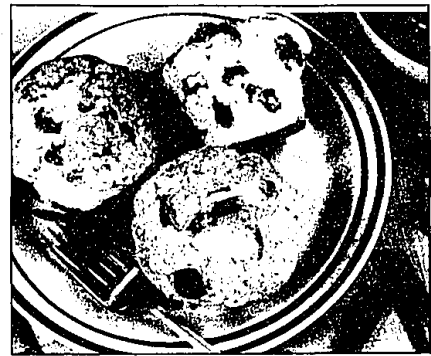
garine, softened
1/4 cup old-fashioned oats
Preheat oven to 375 degrees F. Grease a 12-cup muffin tin.
Combine the dry ingredients in a medium mixing bowl. Mix the egg, milk, applesauce, oil and maple extract in a separate bowl. Add the liquid ingredients to the dry mixture and combine until just moistened. Stir in the cranberries.
To make the topping, combine the dry ingredients in a small mixing bowl. Work the butter into the dry ingredients until it is the size

of small peas. Stir in the oats and set aside.

Fill each muffin cup two thirds full with batter. Sprinkle topping evenly over each muffin. Bake for 25 minutes or until golden brown. Cool 5 minutes in the pan. Remove the muffins to a wire rack to cool completely.

Each of the 12 muffins contains 157 calories and 5 grams of fat.

Recipe and information from: The American Institute for Cancer Research.



AMERICAN INSTITUTE FOR CANCER RESEARCH

Low-fat treat: Cranberry Maple Muffins provide spicy flavor with only 157 calories per muffin.

favorite baked goods recipes and still create moist, delicious snacks.

Because of their dense texture,

with a substitute: use half as much fruit juice, applesauce or fruit puree. If oil is an ingredient, replace all or part of it with

Vegetables make fettucini flavorful

(NAPS)—More and more studies show your mother was right: you should eat your vegetables. In fact, according to Vegetarian Times magazine, research studies from as far back as the 1970s show a low-fat vegetarian diet can help prevent heart disease, diabetes and some kinds of cancer and may lower high blood pressure.

Here's a recipe that can help you learn some of the joys of a vegetarian diet:

LOW-FAT FETTUCCINI ALFREDO

12 oz. dry fettucini, preferably

whole wheat
2 cups evaporated skim milk or low-fat soy milk (or 1 1/2 cups powdered skim milk mixed with 1 1/2 cups water)
4 cloves garlic, minced or pressed
6 tablespoons grated Parmesan cheese
1/4 cup chopped fresh parsley
Freshly ground black pepper to taste
2 cups chopped and steamed vegetables of choice: carrots, green beans, zucchini, onions, broccoli or peas

Cook pasta according to package directions. Drain. Place pasta in a large nonstick sauté pan along with milk and garlic. Bring to a simmer, stirring frequently. Add cheese. Continue cooking until cheese melts and sauce thickens. Stir in parsley and black pepper. Add steamed vegetables and toss gently. Serves 4.

For serving: 179 cal.; 15g protein; 4g fat; 11mg chol.; 320 mg sodium.

Variation: Flavor the milk with 1 teaspoon curry powder; proceed with recipe.

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