

September 2006 Recipe of the Month

**Apple Oat Bran Muffins**

3 cups oat bran	¼ cup olive oil or canola oil
2 ½ cups whole-wheat flour	2 cups apple juice concentrate
½ teaspoon salt	2 cups skim milk
2 teaspoons baking soda	2 ½ cups chopped Granny Smith apples (about 2 large apples)
2 eggs	1 ½ cups raisins
¼ cup molasses	

In a small bowl, combine oat bran, whole-wheat flour, salt and baking soda; set aside. In a large mixing bowl, beat eggs; stir in molasses. Mix in olive oil, apple juice concentrate, and skim milk. Gradually add flour mixture using a wire whisk. Mix ingredients just until moistened. Stir in chopped apples and raisins. Pour into paper-lined muffin pans. Bake at 350°F for 20-25 minutes or until toothpick inserted into center comes out dry. Makes 18 muffins.

Nutritional information per muffin: calories 201; carbohydrates 39 g; total fat 4g; saturated fat 1g; cholesterol 23 mg; dietary fiber 4 g; sodium 161mg

**Apple Butter**

4 large Granny Smith apples, peeled, cored and quartered  
½ cup apple juice  
3 tablespoons brown sugar  
1 ½ teaspoons cinnamon  
¼ teaspoon allspice  
⅛ teaspoon ground cloves

In a stock pot, combine apples and juice. Cover and cook over low heat 45-60 minutes, or until apples are soft and sauce-like. Stir in sugar, cinnamon, allspice and cloves; cook, uncovered, 5-10 minutes, stirring often. Store in covered jar in refrigerator.

Nutritional information per Tablespoon: calories 11; total fat 0 g; saturated fat 0g; dietary fiber 0 g; carbohydrates 3 g; cholesterol 0 mg; sodium 0 mg

These recipes were taken from *The Healthy Heart Cookbook* by Joseph C. Piscatella, which can be purchased at Barnes and Noble.

Enjoy apple season with these heart healthy recipes. Try the apple butter on a muffin for a great breakfast or snack. Remember to be aware of the size of your muffins. This recipe is based on a 2 inch diameter muffin.

Your Partners in Health,  
*Candace and Laura*