

Raspberry-filled Cinnamon Muffins

1 ½ cups all-purpose flour
2 ½ teaspoons baking powder
¼ teaspoon salt
½ cup sugar
1 tsp ground cinnamon
1 egg, lightly beaten
2/3 cup low-fat buttermilk
¼ cup butter, melted
Vegetable cooking spray
¼ cup seedless raspberry preserves
1 tablespoon sugar
¼ teaspoon ground cinnamon

Combine first 5 ingredients in a large bowl; make a well in center of mixture. Combine egg, buttermilk, and butter separately; add to dry ingredients. Stir until just moistened.

Spoon about 1 tablespoon batter into each of 12 muffin cups coated with cooking spray. Spoon 1 teaspoon preserves onto center of batter in each cup (do not spread), and top evenly with remaining batter.

Combine 1 tablespoon sugar and ¼ teaspoon cinnamon; sprinkle evenly over batter. Bake at 400° for 20 minutes or until muffins spring back when touched lightly in center. Remove from pans immediately; cool on a wire rack.

Yield: 1 dozen. Serving size: 1 muffin. *Per serving: 121 calories, 4.6 grams fat, 25.7 grams carbohydrate, 116 mg sodium, 18 mg cholesterol, 0.5 grams fiber.*

This is another recipe from our most recent Cookbook of the Quarter, *Cooking Light -- Five Star Recipes*.

These muffins are quick and easy – you can prepare them on Sunday, store them in the refrigerator and take them to work with you during the week. They are sweet and filling, but much healthier than donuts or Danish. Any flavor of preserves will work fine -- we only had strawberry preserves at our house, and our family loved it.

Your Partners in Health,
Candace and Lesley