

Cranberry, Goat Cheese and Rosemary Savoury Muffins



Discover our flavorful recipe for Savory Cranberry, Goat Cheese, and Rosemary Muffins. These delectable muffins combine the tangy sweetness of cranberries, the creamy richness of goat cheese, and the aromatic touch of rosemary, creating a delightful savory treat for any occasion.

Preparation 15 min

Cooking 30 min

Servings 15

Nutrition Facts (per serving)

Calories 125

Fat 5

Carbohydrates 16

Fibre 3

Protein 6

Sodium 260

Ingredients

- 250 ml (1 cup) bran cereal (we used All-Bran buds)
- 250 ml (1 cup) 1% milk
- 45 ml (3 tbsp) sugar
- 2 eggs
- 125 ml (½ cup) nonfat plain Greek yogurt

about 12% M.F.)

- 250 ml (1 cup) whole wheat flour
- 125 ml (½ cup) coarsely chopped walnuts
- 10 ml (2 tsp) dried rosemary
- 5 ml (1 tsp) baking powder
- 5 ml (1 tsp) baking soda
- ¾ teaspoon (3 ml) salt
- 500 ml (2 cups) fresh or frozen cranberries

Preparation

1. Preheat the oven to 180°C (350°F). Place the rack in the center of the oven.
2. In a bowl, mix the cereal and milk, then let stand while doing the following steps.
3. In a large bowl, vigorously whisk sugar and eggs with a fork.
4. Stir in yogurt and goat cheese. Mix again.
5. Stir in remaining ingredients except cranberries. Stir to combine.
6. Pour the cereal mixture into the large bowl, add the cranberries and mix gently with a spatula.
7. Divide batter into 15 silicone or lightly buttered muffin cups.
8. Bake for 30 minutes, or until a toothpick comes out clean.

Notes



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