

# AVOCADO LIME CORNBREAD CRANBERRY MUFFINS



**Avocados** From  **Mexico** <sup>TM</sup>

◆◆◆ ALWAYS IN SEASON ◆◆◆

[AvocadosFromMexico.com](http://AvocadosFromMexico.com)



Avocados From Mexico are certified by the American Heart Association®. Certification does not apply to serving suggestions or recipes.

While many factors affect heart disease, eating avocados as part of a diet low in saturated fat and cholesterol may reduce the risk.

# AVOCADO LIME CORNBREAD CRANBERRY MUFFINS

## INGREDIENTS

**2** medium, ripe Avocados From Mexico, mashed

**1 ½ cup** cornbread mix

**1 tsp** baking powder

**¼ tsp** Kosher salt

**2 TB** canola oil

**½ cup** 1% milk

**2** large eggs

**2 TB** honey

**1 TB** fresh lime juice

**1 tsp** fresh lime zest

**½ cup** dried cranberries

## INSTRUCTIONS

1. Pre-heat oven to 375 degrees.
2. In a mixing bowl, combine avocados, oil, milk, eggs, honey and lime juice. Stir until well combined.
3. Stir in cornbread mix, baking powder, salt, lime zest and cranberries.
4. Use a non-stick cooking spray to coat muffin pan.
5. Spoon batter evenly into muffin pan, filling each muffin with 2–3 TB of batter.
6. Bake 20–25 minutes or until the tops are lightly browned and a toothpick comes out clean.

## MAKES 12 SERVINGS

Nutrition Facts (Per serving = 1 muffin) | Calories: 170, Total Fat: 7g (Sat. Fat: 1g) Cholesterol: 35mg, Sodium: 250mg, Total Carbohydrate: 23g, Dietary Fiber: 2g, Sugar: 8g, Protein: 4g