

COOKING FOR WELLNESS

November 2024



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Cranberry Lemon Muffins



4.99 from 123 votes

This easy recipe for Cranberry Lemon Muffins is perfect for last minute holiday guests. They have a zesty tangy flavor and a moist texture.

 Course	Breakfast
 Cuisine	American
 Diet	Vegetarian
 Prep Time	10 minutes
 Cook Time	27 minutes
 Total Time	37 minutes
 Servings	12 servings
 Calories	227kcal
 Author	Yumna Jawad

Equipment

- [Cupcake and Muffin Pan/Tin](#)
- [Mixing Bowl Set](#)
- [Measuring Cups and Spoons](#)
- [Balloon Whisk](#)

Ingredients

- 1 $\frac{3}{4}$ cup [all purpose flour](#)
- 1 teaspoon [baking powder](#)
- 1 teaspoon [baking soda](#)
- $\frac{1}{2}$ teaspoon [salt](#)
- $\frac{1}{2}$ cup [maple syrup](#)
- $\frac{1}{2}$ cup [coconut oil](#) melted
- 2 large eggs at room temperature
- $\frac{1}{2}$ cup Greek yogurt
- $\frac{1}{4}$ cup lemon juice
- 1 lemon zested
- 1 cup cranberries halved
- $\frac{1}{2}$ cup toasted sliced almonds

Instructions

1. Preheat the oven to 350°F and grease a muffin tin or line with muffin cups.
2. In a medium bowl, whisk together the flour, baking powder, baking soda and salt. Set aside.
3. In another large bowl using a handheld mixer, whisk together the maple syrup and coconut oil until combined. Add the eggs, greek yogurt, lemon juice and lemon zest.
4. Add the flour mixture and stir just until combined, then fold in the cranberries and sliced almonds.

5. Scoop batter into paper liners or muffin tin, filling each all the way to the top. Bake for 23-27 minutes or until a cake tester comes out clean and the muffins are lightly browned on the edges. Cool in muffin pan for 10 minutes; then transfer to a wire rack to cool completely.

Notes

Storage: Store any leftovers in an airtight container with a paper towel under them to absorb any moisture. They will keep well at room temperature for 2 to 3 days and in the fridge for up to 5.

Freezing Instructions: Freeze them solid on a baking sheet before transferring to a freezer bag or container. They will keep well frozen for up to 3 months. Thaw them at room temperature to enjoy.

Substitutes: For best results, follow the recipe as is. However here are some common substitutes that would work well in this recipe.

- *Substitute the egg* for a flax egg and use a plant-based yogurt to make it vegan.
- *To make this gluten-free*, use an all-purpose gluten-free flour mix. Do not substitute only almond flour or only coconut flour.

Nutrition

Calories: 227kcal | Carbohydrates: 26g | Protein: 5g | Fat: 12g | Saturated Fat: 8g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Trans Fat: 1g | Cholesterol: 28mg | Sodium: 204mg | Potassium: 149mg | Fiber: 1g | Sugar: 9g | Vitamin A: 45IU | Vitamin C: 3mg | Calcium: 58mg | Iron: 1mg



Wild Rice Stuffed Acorn Squash

Beautifully roasted acorn squash halves are stuffed with wild rice, sautéed mushrooms, dried cranberries and seasoned with savory fall herbs. Enjoy it as a main dish at your next holiday meal or a healthy warming dinner on a cold evening.



Prep Time
15 mins

Cook Time
45 mins

Total Time
1 hr



4.74 stars (46 reviews)



Servings: 4 stuffed squash halves

Ingredients

- 2 medium-sized acorn squash
- 3-4 teaspoons [refined coconut oil](#) *for sautéing*
- 8 ounces mushrooms (white, bella or cremini) *sliced*
- 1 small yellow onion *chopped*
- 2 celery stalks *chopped*
- 2 cups [vegetable broth](#) *I use low sodium*
- 1 ¼ cups [wild rice blend](#) *uncooked*
- ⅓ cup [dried cranberries](#)
- ¼ cup walnuts *chopped*

Seasonings

- ½ teaspoon [dried basil](#)
- ½ teaspoon [dried thyme](#)
- ⅓ teaspoon [dried parsley](#)
- ⅓ teaspoon garlic powder
- [Himalayan pink salt to taste*](#)
- pepper to taste

Instructions

1. Acorn squash

For The Acorn Squash

1. Start by preheating your oven to 425°F and lining a baking sheet with parchment paper.
2. Now, lay the squash on its side. Carefully cut off the bottom point and trim the stem so it can lay flat on both sides. (see the post above for more details)
3. While the squash is on its side, use a sharp knife to cut horizontally through the center of it into 2 flower-shaped halves. This may take a bit of work, which is why a sharp knife is important. If you're having a bit of trouble cutting through it, rock the knife back and forth to help ease it through.
4. Scoop out the seeds and pulp with a spoon or ice cream scoop. Discard them, or save them for roasting.
5. Brush/rub the top and inside of the squash with coconut oil. Then, lay them cut-side down on the baking sheet.
6. Place the baking sheet in the oven on the middle rack. Roast at 425°F for 30-40 minutes, or until a fork easily pierces through the center of the squash.
7. Remove the squash from the oven and allow them to cool on the baking sheet for 15 minutes before handling.

For The Wild Rice And Mushrooms

1. While the acorn squash are in the oven, prep the wild rice and mushroom filling.
2. Sauté the **onion** and **celery** in a saucepan with a bit of oil, just until they begin to change color and texture. About 5 minutes.
3. Add the **broth**, **wild rice**, and **seasonings** to the pot. Cover and bring to a boil. Once boiling, lower the heat and simmer for 40-45 minutes, or until the rice is fully cooked.

If the rice is still firm after cooking, add 1-2 Tablespoons of broth and cook slightly longer.

4. While the rice cooks, add a small amount of oil to the bottom of a skillet and sauté the **mushrooms** until they are tender. About 10-15 minutes.
5. Mix the mushrooms, cranberries, and walnuts into the pot with the fully-cooked wild rice.
6. Stuffing the acorn squash
7. Once the squash is cooled enough to handle, flip each one over. Leave them on the baking sheet and spoon the wild rice mix into the cavity of each squash half.
8. Pop them back into the oven and bake for an additional 8-10 minutes.
9. Serve as-is or garnish with freshly chopped parsley or thyme.

Notes

- I use low sodium vegetable broth and add ¼ teaspoon pink salt. You may find your broth has enough salt. If so, simply omit it from the recipe.

Nutrition

Serving: 1g | Calories: 156kcal | Carbohydrates: 26g | Protein: 4g | Fat: 6g | Saturated Fat: 1g | Polyunsaturated Fat: 4g | Sodium: 28mg | Fiber: 7g | Sugar: 3g

Course: Main Dishes Cuisine: American Author: Marlena | WYGY

Roasted Butternut Squash and Brussels Sprouts

This Maple Roasted Butternut Squash and Brussels Sprouts is the perfect side dish for the holidays. The sweetness of the maple syrup is amazing! It's prep ahead friendly and very easy to make.



Prep Time	Cook Time	Total Time
10 mins	30 mins	40 mins

★★★★★
5 from 27 votes

Course: Salad Cuisine: American Servings: 6 people Calories: 202kcal Author: [Tania](#)

Equipment

- 2 [Large sheet pan](#)
- [Sharp knife](#)
- [Vegetable peeler](#)

Ingredients

- 1 small butternut squash, peeled and cut into ½ inch cubes
- 1 ½ pounds Brussels sprouts, trimmed and halved from top to bottom
- Olive oil
- Kosher salt
- Ground black pepper
- 4 tablespoons maple syrup plus more for final drizzle
- ½ cup dried cranberries
- ½ cup pumpkin seeds

Instructions

1. Preheat oven to 450 degrees F.
2. On a large sheet pan, toss the cubed butternut squash with about 2 tablespoons olive oil, Kosher salt (about ½ teaspoon), and ground black pepper to taste. **Tip:** Use additional sheet pans if needed to avoid overcrowding. Overcrowding leads to steaming instead of roasting.
3. On another large baking sheet, toss the Brussels sprouts with about 2 tablespoons olive oil, Kosher salt (about ½ teaspoon), and ground black pepper to taste. Place the Brussels sprouts flat side down.
4. Roast the butternut squash and Brussels sprouts. Brussels sprouts for 15-18 minutes. Butternut squash takes 22 to 25 minutes. **Tip:** Try not to flip the sprouts as they roasts so the flat side can develop a golden brown color.
5. Remove from oven and drizzle about 2 tablespoons of maple syrup over each sheet pan and toss to coat, flipping the veggies for even browning on all sides. Return to oven and roast for an additional 5 to 8 minutes or until golden brown and tender. **Note:** Keep a close eye on the oven to make sure the maple syrup doesn't burn.

6. Let the roasted vegetables cool down slightly for just a few minutes. Then, in a large serving bowl, toss the roasted butternut squash, roasted Brussels sprouts, dried cranberries, and pumpkin seeds together. Finish with an extra drizzle of maple syrup to taste. Enjoy!

Notes

- **Use separate sheet pans to roast each vegetable.** Brussels sprouts tend to cook faster than squash, so this way it's easier to manage roasting times.
- **Make sure to give the vegetables ample space** on the sheet pans. You want the heat to circulate freely for that caramelization to develop.
- **Roast at 450 degrees F** for best results. If your oven tends to run very hot, 425 degrees F is fine too, but they may need an extra few minutes.
- I would NOT recommend making this dish days in advance as the roasted vegetables can get soggy in the fridge. However, you can prep-ahead the ingredients.
- **Prep ahead:** Trim and cut the butternut squash and Brussels sprouts up to 3 days in advance and keep refrigerated.

Substitutions and variations:

- Add-ons: Walnuts, pecans, diced apples, pomegranate seeds, bacon, feta or goat cheese.

Disclaimer: Nutritional values (per serving) are approximates only.

Nutrition

Calories: 202kcal | Carbohydrates: 43g | Protein: 7g | Fat: 3g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Trans Fat: 0.003g | Sodium: 35mg | Potassium: 959mg | Fiber: 8g | Sugar: 21g | Vitamin A: 14143IU | Vitamin C: 123mg | Calcium: 126mg | Iron: 3mg