

# Dialyvite®'s Whey Plus Protein Cranberry Yogurt Muffins



**One of Lucy Hillestad's old favorites enriched with the benefits of Dialyvite®'s Whey Plus Protein.**

Ingredients:

1 cup rolled oats	½ teaspoon salt
1 cup plain yogurt	½ teaspoon baking soda
½ cup vegetable oil	½ teaspoon cream of tartar
¾ cup brown sugar, packed	1 cup all purpose flour
1 egg	1 cup fresh or frozen cranberries, cut in half
2 scoops Dialyvite® Whey Plus Protein	

Soak oats in yogurt. Add oil, sugar and egg. Sift in flour, whey protein, salt, soda and cream of tartar. Before stirring, sprinkle cranberries over flour mixture. Stir to blend. Fill 12 muffin cups. Bake in preheated 400° oven for 20 minutes.

**Each muffin contains approximately:**

5.5 grams of Protein	9 grams of Total Fat	3.8 grams Saturated Fat	15 grams of Sugar	173 milligrams of Sodium
148 milligrams of Potassium	1 gram Dietary Fiber	82 milligrams of Phosphorus	29 grams of Carbohydrates	224 Calories