

Cranberry Orange Muffins

Ingredients

1 c Cranberries
1 c Whole Wheat Flour
1/2 t Baking Powder
1/4 t Baking Soda
1/4 t Salt
2 T Vegetable Oil (plus 2
teaspoons)
6 T Maple Syrup
1 Egg (room temperature)
1/2 c Greek Yogurt
1 t Vanilla Extract
1/2 Orange (zested)
1 1/2 t Turbinado Sugar

Instructions

- 1.Preheat the oven to 400 degrees. Spray muffin tin with nonstick spray.
- 2.In a food processor, process the cranberries for about 5 seconds, until they are broken into little bits, set aside.
- 3.In a large mixing bowl, whisk the flour, baking powder, baking soda, and salt together. In a medium mixing bowl, whisk together the oil, syrup, eggs, yogurt, vanilla, and orange zest.
- 4.Pour the wet ingredients into the dry and mix with a big spoon, just until combined. Gently fold the cranberry pieces into the batter. Divide the batter evenly between the 6 muffin cups. Sprinkle the tops of the muffins with turbinado sugar.
- 5.Bake the muffins for 15 to 18 minutes, or until the muffins are golden on top and a toothpick

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inserted into a muffin comes out clean. Place the muffin tin on a cooling rack to cool. If you have leftover muffins, store them, covered, at room temperature for 2 days, or in the refrigerator for up to 5 days. Freeze leftover muffins for up to 3 months.