



Orange cranberry muffins

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Ingredients

1 cup	Flour, all purpose	250 ml
½ cup	Flour, whole wheat	125 ml
¾ cup	Sugar	180 ml
2 tsp	Baking powder	10 ml
1 tsp	Baking soda	5 ml
1	Orange	1
1	Egg	1
½ cup	Milk	125 ml
1/3 cup	Vegetable oil	80 ml
1 cup	Cranberries, fresh or frozen	250 ml



Preparation

1. Preheat oven to 375°F (190°C).
2. In a large bowl, combine flour, sugar, baking powder and baking soda.
3. Cut the ends of the orange, and cut into quarters without peeling. Remove the seeds.
4. In a blender, place the orange wedges, egg, milk and oil. Mix until smooth and even.
5. Add to the flour mixture. Stir until all is moistened (do not over-stir). Add the cranberries.
6. Pour batter into muffin cups lined with paper baking cups. Bake 20 to 25 minutes. Stick a toothpick in the center of the muffin; if it comes out clean, the muffins are ready!
7. Allow to cool completely before unmoulding.



Tip

Replace the cranberries with any other frozen fruit (for example: raspberries or blueberries)

Adapted from: Simplygreatfood S. chuey, P. Campbell, E. Weisman