

Cranberry-Orange Muffins

The Light-hearted Cookbook



INGREDIENTS

- ¾ cup bran (can mix in some seeds & nuts)
- 1 cup whole wheat flour
- ½ cup granulated sugar (a bit less works)
- 1 ½ tsp cinnamon
- 1 tsp baking powder
- 1 tsp baking soda
- 1 cup cranberry sauce
- 1 egg
- ½ cup buttermilk or mix with yogourt and/or sour cream
- ¼ cup vegetable oil
- 1 tsp grated orange rind

DIRECTIONS

1. In a bowl, combine bran, flour, sugar, cinnamon, baking powder and baking soda. Mix well.
2. In a large measuring cup, add cranberry sauce, egg, buttermilk/yogourt, vegetable oil and orange rind. Mix gently.
3. Dump into the dry mixture and mix until just blended.
4. Spoon batter into non-stick or lined muffin tins.
5. Bake in 400 degree oven for 25 minutes or until firm to the touch.

Makes 12 muffins.

Calories: 156

Fat grams: 5

Mg cholesterol: 23

Mg sodium: 126

g protein: 2

g carbohydrate: 27

GOOD fibre