

## Cranberry Orange Muffins



MEDAVIE

# Cranberry Orange Muffins

**Recipe makes:** 12 to 14 servings (1 muffin per serving)

**Preparation time:** 30 minutes

**Cook time:** 15 to 20 minutes

**Equipment:** one 12-cup muffin tray, parchment paper (optional), muffin liners (optional), one sifter, one medium bowl, one large bowl, one set of measuring cups, one set of measuring spoons, one grater, one citrus juicer (if using freshly squeezed orange juice), two forks, one spoon, one oven, one pair of oven mitts, one cooling rack, one butter knife

## What you need to make this recipe:

- 2 cups all-purpose white flour, sifted
- 1/3 cup brown sugar
- 2 teaspoons baking soda
- 1/3 cup unsweetened applesauce
- 2/3 cup orange juice\*
- 1 very ripe medium banana, peeled and mashed
- 1/3 cup water
- Zest from 2 oranges\*
- 1 cup dried cranberries
- Cooking spray or butter

\* See “About this recipe” for information about preparing these ingredients.

## How to make Cranberry Orange Muffins:

1. Preheat the oven to 190°C (375°F).
2. Prepare a 12-cup muffin tray.  
Option 1: Lightly grease each cup in the tray with cooking spray.  
Option 2: Lightly grease each cup in the tray with butter using parchment paper.  
Option 3: Put one muffin liner in each cup of the tray.
3. Put the flour, sugar, and baking soda in a medium bowl. Using a spoon, stir together until combined.
4. Put the applesauce, juice, banana, water, and zest in a large bowl. Using a spoon, stir together until combined.
5. Pour the wet ingredients into the dry ingredients. Using a spoon, stir together until just combined.
6. Add the cranberries to the batter. Using a spoon, stir the cranberries into the batter until combined. Do not overmix.
7. Fill each cup in the muffin tray  $\frac{3}{4}$  full with batter.
8. Bake the muffins in the preheated oven for 15 to 20 minutes or until a toothpick inserted into the center of a muffin comes out clean.
9. Put the muffin tray on a cooling rack and let the muffins to cool for 15 to 20 minutes.
10. Take the muffins out of the tray by running a butter knife between the side of each muffin and the wall of the muffin tray. Then, use a clean fork to lift each muffin out of the tray.

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<b>Nutrition Facts</b>	
Per 1 serving (1 muffin)	
<b>Calories</b>	<b>% Daily Value*</b>
<b>120</b>	
<b>Fat</b> 0.5 g	1 %
Saturated 0.1 g	1 %
+ Trans 0 g	
<b>Carbohydrate</b> 26 g	
Fibre 1 g	4 %
Sugars 13 g	13 %
<b>Protein</b> 2 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 180 mg	8 %
Calcium 10 mg	1 %
Iron 1 mg	6 %
Vitamin A 0 µg	0 %
Vitamin C 9 mg	10 %
5% or less is <b>a little</b> , 15% or more is <b>a lot</b>	
<b>Nova Scotia School Food and Beverage Standard: Moderate</b>	

## Allergy information:

Contains wheat and gluten.

## About this recipe:

Freshly squeezed or packaged orange juice can be used in this recipe. If using freshly squeezed orange juice, zest the oranges before juicing them. If using packaged orange juice, use 100% orange juice.

## Storage information:

The muffins can be stored in an airtight container in the fridge for up to 4 days or in the freezer for up to 3 months.