

cranberry orange muffin

MAKES 48 SERVINGS

While familiar nutrients like Vitamin C and fiber play a very important role in cranberry's health benefits, it's the amazing array of phytonutrients in cranberries that make them so special.

3 cups (12.8 oz) whole wheat flour
1 cup (4.6 oz) all purpose flour
1 tablespoon baking powder
1 teaspoon baking soda
1 teaspoon salt
1 cup (8 oz) unsalted butter, melted and cooled slightly
 $\frac{2}{3}$ cup (5 oz) brown sugar, unpacked
 $\frac{1}{4}$ cup (1.8 oz) sugar
4 large eggs
2 teaspoons pure vanilla extract
 $1\frac{1}{2}$ tablespoons orange zest, grated
2 cups (16 fl oz) low-fat buttermilk
2 cups (10 oz) dried cranberries, chopped

- 1 Preheat oven to 375° F and line 24 muffin cups with paper muffin liners.
- 2 Combine the flours, baking powder, baking soda, and salt in a medium mixing bowl.
- 3 Whisk together cooled melted butter, sugars, eggs, vanilla, orange zest, and buttermilk in separate mixing bowl. With a wooden spoon, stir in the flour mixture until combined. Fold in chopped cranberries.
- 4 Fill each muffin cup $\frac{3}{4}$ full. Bake for 18-20 minutes until golden in color and a toothpick inserted in the center comes out clean (these are moist muffins so the toothpick will always look a bit wet). Do not over bake. Let rest for five minutes and then turn onto wire rack to cool. Muffins can be served warm, but are also delicious cool.

Makes: 24 muffins
Serving Size: $\frac{1}{2}$ muffin