Cranberry Orange Muffins

Yields 12 Muffins

INGREDIENTS

1 1/2 cups dried cranberries soaked in boiling water for 10-20 minutes
2 cups of whole wheat flour blend
1 tsp baking powder
1/2 tsp baking soda
1/4 tsp salt
1/3 cup of vegetable oil
3/4 cup of honey
2 eggs
1 cup of plain Greek yogurt
2 tsp vanilla extract
Zest from 1 medium orange

DIRECTIONS

1. Preheat oven to 400 degrees. Grease 12 cups in muffin tin.
2. Roughly chop cranberries until they are broken into smaller pieces.
3. In a large mixing bowl, combine flour, baking powder, baking soda and salt. Stir to combine.
4. Pour the wet ingredients into the dry and mix just until combined. A few lumps are expected.
5. Divide batter evenly between the 12 muffin cups and bake for 15-18 minutes, or until the muffins are golden on top and a toothpick inserted into a muffin comes out clean.
6. Place muffins on rack to cool. You may need to run a knife around the edge of the muffin tin to loosen them from the pan. Freeze leftover muffins for up to 3 months.

NOTES

These muffins offer a lower-sodium alternative to other muffins commonly served for breakfast.
Healthy Pumpkin Muffins
Yields 12 Muffins

INGREDIENTS

- 1 3/4 cups of whole wheat flour blend
- 1 tsp baking soda
- 1/4 tsp salt
- 1 1/2 tsp pumpkin spice blend (or 1/2 tsp ground cinnamon, 1/2 tsp ground ginger, 1/4 tsp nutmeg and 1/4 tsp ground allspice or cloves)
- 1/3 cup vegetable oil
- 1/2 cup honey
- 1/4 cup milk
- 2 eggs
- 1 cup pumpkin puree
- 1 tsp vanilla extract
- 1 cup chocolate chips (optional)

DIRECTIONS

1. Preheat oven to 325 degrees. Grease 12 cups in a muffin tin.
2. In a large mixing bowl, combine flour, baking soda, spice blend and salt. Stir to combine. If using chocolate chips, add now.
3. In another mixing bowl, combine vegetable oil, honey, milk, eggs, pumpkin puree and vanilla. Mix well.
4. Pour the wet ingredients into the dry and mix just until well combined. A few lumps are expected.
5. Divide batter evenly between the 12 muffin cups and bake for 15-18 minutes, or until the muffins are golden on top and a toothpick inserted into a muffin comes out clean.
6. Place muffin tin on rack and allow to cool. These are delicate until cooled. You may need to run a knife around the edge of the muffin tin to loosen them from the pan. Freeze leftover muffins for up to 3 months.

NOTES

These muffins offer a lower-sodium alternative to other muffins commonly served for breakfast.
Basic Cornbread Muffins

Yields 12 Muffins

**INGREDIENTS**

1 1/4 cups buttermilk, milk or yogurt  
2 tablespoons butter, olive oil or vegetable oil  
1 1/2 cups medium grind cornmeal  
1 1/2 cups all-purpose flour  
1 1/2 teaspoons baking powder  
1/2 teaspoon salt  
1 egg

**DIRECTIONS**

1. Preheat oven to 400 degrees.
2. Combine dry ingredients in a bowl. Combine wet ingredients in another bowl. Add wet ingredients to dry ingredients just until well-combined. Do not over-mix. Batter may be lumpy.
3. Divide batter evenly between the 12 muffin cups and bake for 20-30 minutes, or until the muffins are golden on top and a toothpick inserted into a muffin comes out clean.
4. Place muffins on rack to cool. You may need to run a knife around the edge of the muffin tin to loosen them from the pan. Freeze leftover muffins for up to 3 months.

**Ideas for Modifications**

- 1/2 cup cooked chopped spinach, broccoli or corn, and 1/2 cup grated cheese (low-fat, low-sodium)
- Minced jalapenos or green chiles, to taste, and 1/2 cup grated cheese
- 2 tablespoons of minced herbs
- Corn and bean bread: Use 2 eggs in place of one, use 1 cup of buttermilk, omit the white flour and use 1 1/2 cup of strained and pureed white beans, added to the milk-egg mixture before adding the dry ingredients. You could add a tablespoon of rosemary or thyme for additional flavor.