

Cranberry Muffins—makes 12 muffins

Did you know? Cranberries have been shown to battle the following health conditions:

- Allergies
- Colon cancer
- Heart disease
- Urinary tract infections

2 cups whole wheat flour

$\frac{3}{4}$ cup sugar

1 $\frac{1}{2}$ teaspoon baking powder

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon baking soda

$\frac{1}{4}$ teaspoon canola oil

1 medium egg, beaten

1 teaspoon grated orange peel

$\frac{3}{4}$ cup calcium-fortified orange juice

3 cups fresh cranberries, washed and chopped

$\frac{1}{2}$ cup pecans, coarsely broken – optional

Preheat oven to 400 degrees. Line a large muffin pan with cupcake papers. Sift the flour, sugar, baking powder, salt, and baking soda into a large bowl. In a small bowl, combine the oil, egg, orange peel, and orange juice. Quickly stir into the flour mixture, just until the mixture is evenly moist. Fold in the cranberries and pecans. Fill the muffin cups two-thirds full with batter. Bake for 15 minutes, or until a toothpick inserted in the center of a muffin comes out clean. Remove from the pan and cool on a wire rack.

Source: Giant Book of Kitchen Counter Cures; Karen Cicero and Colleen Pierre, M.S., R.D.