

Ripe Red Berries

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Cranberry Orange Muffins

Ingredients:

3 cups all-purpose flour
1 cup sugar
1 tablespoon baking powder
1/2 tsp. salt
1/4 tsp. baking soda
1 beaten egg
1 2/3 cups milk
1/4 cooking oil (I used olive oil)
2 tsp. finely shredded orange peel
1 cup coarsely chopped cranberries
3/4 cup chopped almonds, pecans or walnuts

Here's what to do:

In large mixing bowl combine flour, sugar, baking powder, salt and baking soda.
Blend in finely shredded orange peel.
Create a well in center of dry mixture.
In medium mixing bowl combine the egg, milk and oil.
Add egg mixture to the 'well', in the dry mixture.
Stir just until moistened.

Bake for about 40 minutes, or until fork comes out clean. Rest in muffin tins until able to touch, then remove and allow to cool on rack.
Enjoy immediately or freeze for another day.

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