

Cran-Orange Muffins

2 cups	fresh or frozen cranberries, chopped	500 mL
1/3 cup	granulated sugar	75 mL
1 tbsp.	orange rind	15 mL
3/4 cup	orange juice	175 mL
2 cups	all purpose flour	500 mL
1 tsp.	baking powder	5 mL
1/2 tsp.	baking soda	2 mL
1/2 tsp.	salt	2 mL
1/2 cup	ground flaxseed	125 mL
3/4 cup	granulated sugar	175 mL
1	egg	1

- Preheat oven to 350° F (180° C).
- Spray or lightly oil muffin tins.
- In one bowl combine cranberries, 1/3 cup (75 mL) sugar, orange rind, juice and egg.
- In separate bowl combine flour, baking powder, soda, salt, ground flax and 3/4 cup (175 mL) sugar.
- Combine cranberry mixture with flour mixture, just until blended.
- Fill baking tins half to two thirds full.
- Bake 10 to 20 minutes or until wooden pick inserted in centre comes out clean. Remove and cool on rack.

Yield: 12 servings
Serving Size: 1 muffin

Single Serving Nutrient Values

Calories	189
Protein	3.98 g
Carbohydrate	38.95 g
Fiber	2.86 g
Fat	2.93 g
Saturated	1.11 g
Monounsaturated	0.83 g
Polyunsaturated	0.83 g
Cholesterol	15.50 mg
Folate	39.86 mcg
Potassium	110.00 mg
Sodium	152.26 mg