

## Cranberry Orange Muffins

**Yield: 14 servings**

### Ingredients

- 2 cups whole-wheat flour
- ½ cup sugar
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- Zest from 2 oranges
- 1 cup orange juice  
(juice from 2 oranges)
- ¼ cup smashed, very ripe banana
- 2 teaspoons vanilla extract
- 2 cups fresh cranberries  
(or blueberries or raspberries)

### Instructions

1. Heat oven to 350 degrees. Spray a muffin tin with non-stick cooking spray or lined with paper muffin cups.
2. In a large bowl, mix together: flour, sugar, baking powder, baking soda and salt.
3. In a small bowl, mix together: orange zest, orange juice, banana and vanilla.
4. Pour the liquid mixture into the large bowl and stir until just combined. Then gently fold in the cranberries.
5. Scoop batter into the prepared muffin tin.
6. Bake in the oven for about 14 minutes, until an inserted toothpick comes out clean.

Presented by  
**Culinary Medicine**

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X23049 FY20.11.33.D-8 © Spectrum Health 09.2019

### Nutrition Information **Serving Size: 1 muffin**

Calories: 106 | Total Fat: 0.5 g | Saturated Fat: 0 g | Monounsaturated Fat: 0 g | Polyunsaturated Fat: 0 g  
Sodium: 112 mg | Total Carbohydrate: 24 g | Dietary Fiber: 2.7 g | Sugars: 9.8 g | Protein: 2.5 g

Source: Adapted from Chocolate Covered Katie