

Cranberry-Walnut Muffins



PREPARATION TIME
15 minutes



COOKING TIME
20 minutes



PERFECT PARTNER
orange juice



Cranberries are too delicious to be used only during the holidays. Buy several bags in November or December when they are the least expensive and store them for up to 6 months in the freezer.

SHOPPING LIST

- cranberries • oats • oranges
- whole wheat flour • walnuts
- applesauce

ON HAND

- sugar • flour • baking powder
- cinnamon • egg

Cranberry-Walnut Muffins

INGREDIENTS

- 3/4 cup all-purpose flour
- 3/4 cup whole wheat flour
- 1/2 cup rolled oats
- 1 tablespoon baking powder
- 1/2 cup sugar
- 1 teaspoon cinnamon
- 1 egg, lightly beaten
- 1/2 teaspoon grated orange peel
- 1 cup orange juice
- 1/2 cup applesauce
- 1/2 cup sweetened dried cranberries
- 1/2 cup chopped walnuts

MAKES 12 MUFFINS

COOKIN' Express

• To avoid tough, dry muffins that do not rise properly, stir the batter just until the flour is incorporated. The batter should have a lumpy appearance.

Make Ahead

You can make these muffins up to 24 hours ahead and freeze the leftovers in individual plastic sandwich bags.

VARIATION

Toasted almonds can be used instead of the walnuts for a different flavor twist.

1 Preheat oven to 375°F. Grease a 12-cup muffin pan with cooking spray.



2 Combine all-purpose flour, whole wheat flour, oats, baking powder, sugar and cinnamon in a large bowl; mix well. Make a well in center.

3 Beat egg, orange peel, orange juice and applesauce in a small bowl with a spoon until combined. Add to flour mixture. Mix just until moistened. Fold in cranberries and walnuts.



4 Fill muffin cups 3/4 full. Bake until golden, about 20 minutes.