



Cranberry Orange Muffin

Adapted from Cooking Light

BAH Note: CL said to bake for 15 minutes at 400. I don't know what kind of crazy nuclear oven they have but after 15 minutes at 380 degrees (convection) in my Advantium oven, the muffins were nowhere near done. I gave them another 7 minutes before my tester came out clean. I used a combination of all purpose and white whole wheat flour, along with some wheat bran but you can easily use only all purpose flour...you'll want two cups total. Oh, and you can also sprinkle a wee bit more sugar on the tops of the muffins right before you slide them into the oven. And while you're at it, go ahead and zest the orange(s) that you juiced and mix that into the batter. I thought it needed an extra bit of zip.

- 1 ounce wheat bran (optional)
- 3.5 ounces white wheat flour (if omitting the wheat bran, increase to 4.5 ounces, or roughly one cup)
- 4.5 ounces all purpose flour (one cup)
- 1 cup sugar
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 3/4 cup orange juice
- 1/4 cup vegetable oil
- 1 egg, beaten
- 2 cup fresh cranberries, roughly chopped

Heat oven to 400 degrees and line 18 muffin cups with liners.

Combine the flour(s), wheat bran (if using), sugar, salt, baking soda, and baking powder in a large bowl.

In a second bowl, or large measuring cup, add the oil, juice, and egg and stir to combine.

Add the liquid to the dry ingredients and stir until the liquid is just incorporated into a lumpy batter. Fold in the cranberries and spoon the batter into the prepared muffin tins. Bake for 15 to 25 minutes, until the tops of the muffins spring back when you press them lightly and a tester inserted in the center comes out clean. Cool on a rack for 15 minutes before turning the muffins out to cool completely.