

Cranberry Orange Muffins



I love muffins that are not too sweet and do not taste like dessert. The way I always imagined muffins must have been originally before the “super-size me” effect took over making everything bigger, sweeter and full of things we do not need. We (full disclosure Peter made these) adapted this recipe from one by Cookie and Kate, a recipe site that I consistently find excellent healthy baked goods on. These taste to me just like holiday cranberry nut bread, in a mini form, and are healthier too!

2 cups fresh cranberries
2 cups white whole wheat flour
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
¼ cup melted coconut oil
¾ cup pure maple syrup
2 eggs (you can substitute chia seeds-see below)
1 cup coconut plain yogurt
2 teaspoons vanilla extract
Zest from one large orange

1. Preheat oven to 400 degrees F. Grease or line with papers 12 cup muffin pan
2. Chop cranberries into small pieces but not mushy (a food processor or mini chop pulsing for about 5-10 times works well).
3. In a large bowl combine with a whisk the flour, baking powder, baking soda and salt.
4. In a separate, medium bowl combine the oil and honey and beat with whisk. Add the eggs and combine with whisk then add the yogurt, vanilla and orange zest. Mix well.
5. Pour the wet ingredients into the dry and mix with big spoon till just combined and then fold the cranberry pieces into the batter.
6. Divide the batter between the 12 cups and bake for 15-18 minutes until they are golden and a toothpick comes out clean.
7. Let muffins cool in tin.

Note: you can replace the eggs with flax eggs or use 1 Tablespoon chia seeds and 3 Tablespoon water for each egg. Mix seeds and water in small bowl, let sit at least 5 minutes and then use.