



Winter Cranberry Orange Muffins

Looking for a new recipe for an on-the-go breakfast or snack? Look no further! These muffins are a perfect addition to your morning and super tasty. Filled with the familiar, warming flavours of the holiday season, these are sure to become a regular snack.

Recipe makes x 12 muffins

Prep time: 15 minutes

Cook time: 20 minutes



INGREDIENTS

2 cups whole wheat flour
2 tbsp cornstarch
1 tsp baking powder
½ tsp baking soda
1 tsp ground cinnamon
Pinch of salt
1 cup plain Greek yogurt
1/3 cup oil (I would normally use canola in baking but only had olive! Use what you have!)
½ cup maple syrup
2 eggs
Zest of 1 orange
Heaping ½ cup of dried cranberries
Heaping ½ cup chopped walnuts

INSTRUCTIONS

1. Preheat oven to 425 degrees F. Spray a 12-muffin pan with cooking spray and set aside.
2. In a bowl, whisk together dry ingredients and set aside. In a separate bowl, whisk together wet ingredients.
3. Add dry ingredients into wet ingredients and mix with a baking spatula until almost fully combined (you want to slightly undermix in this step).

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4. Add the dried cranberries and chopped walnuts and mix until just combined.
5. Even distribute mixture into your muffin pan. Top each muffin with a few extra chopped walnuts.
6. Place in oven at 425 degrees for 5 minutes, then lower the oven temperature to 350 degrees F. Bake for an additional 15 minutes.
7. Cool and enjoy!

Tip:

Not a fan of this flavour combination? Swap out the mix-ins for your favourites!

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