

ORANGE CRANBERRY NUT MUFFINS



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SERVINGS: 12 MUFFINS | **SERVING SIZE: 1 MUFFIN**

★ **Calories:** 204 **Total Fat:** 7g **Saturated Fat:** 1g **Sodium:** 255mg **Carbohydrates:** 32g **Fiber:** 2g **Protein:** 3g

INGREDIENTS

- 2 cups all-purpose flour
- 1/2 cup sugar
- 1 1/2 teaspoons baking powder
- 1 1/2 teaspoons baking soda
- 2 teaspoons grated or thinly sliced and minced orange peel
- 3/4 cup orange juice
- 4 tablespoons butter or margarine, melted (or 4 tablespoons vegetable, olive or canola oil)
- 1 egg (or 2 egg whites)
- 3/4 cup jellied cranberry sauce
- 1/3 cup chopped walnuts
- Enough cooking oil to grease muffin tins
- 1/3 cup powdered sugar
- 1 teaspoon water

DIRECTIONS

Directions for Muffins:

1. Preheat oven to 425 degrees F.
2. Mix flour, sugar, baking powder, and baking soda in a large bowl.
3. Combine orange zest, juice, butter, and egg in a separate bowl.
4. Add to orange mixture to flour mixture. Stir until blended.
5. Mix in cranberry sauce and walnuts.
6. Oil muffin tins.
7. Spoon batter into muffin cups until 2/3 full.
8. Bake muffins for 15-20 minutes or until a toothpick inserted in the center comes out clean.
9. Remove each muffin, and cool completely.

Directions for Glaze:

1. Mix powdered sugar and water.
2. Add water as needed to make the glaze thin.
3. Drizzle over cooled muffins.

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