**CRANBERRY SEED MUFFINS**

Adapted from a recipe in Canadian Living magazine, Sept 2010 issue, p. 143

**Makes:** 6 muffins **Prep:** 10 minutes **Cook:** 18-25 minutes

**Note:** Use \***either\*** metric \***or\*** Imperial measures, but NOT both.

![C:\Users\Marj\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0R9L8FZW\MC900296276[1].wmf]()**MUFFIN INGREDIENTS:**

200 mL all-purpose flour ⅞ cup

100 mL whole wheat flour ⅜ cup

60 mL oat (or wheat) bran ¼ cup

3 mL baking powder ¾ tsp

1 mL EACH baking soda & salt ¼ tsp

15 mL unsalted sunflower seeds 1 Tbsp

15 mL hulled pumpkin seeds 1 Tbsp

100 mL granulated sugar ⅜ cup

30 mL packed brown sugar 2 Tbsp

5 mL finely grated orange rind 1 tsp

1 egg 1

160 mL buttermilk (or soured milk) 2/3 cup

60 mL unsalted butter, melted & cooled ¼ cup

![C:\Users\Marj\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\0R9L8FZW\MP900175611[1].jpg]()125 mL frozen cranberries, thawed ½ cup

**TOPPING INGREDIENTS:** (keep separate and reserved)

5 mL EACH oat bran, sunflower seeds & 1 tsp

 pumpkin seeds

**METHOD:**

1. Check that oven rack is just below the centre position. Preheat oven to 375ºF (190ºC).
2. Grease 6 muffin cups with shortening (paper liners may be used instead but may stick to the muffin).
3. In a large bowl, whisk together all-purpose and whole wheat flours, oat bran, baking powder, baking soda and salt. Stir in sunflower and pumpkin seeds.
4. Toss cranberries in a small amount of the dry ingredients until berries are coated.
5. Melt butter. Use a heat resistant container (custard cup or liquid measure) and cover with a paper towel. Microwave on high power for 20-30 seconds or until ALMOST melted (still a few lumps). Stir to complete melting.
6. In a separate bowl, whisk together granulated sugar, brown sugar and orange rind. Whisk in eggs and buttermilk. Whisk in melted butter until all ingredients are well combined.
7. Make a well in the dry ingredients. Add the wet ingredients in the centre of the well and mix with a fork until JUST combined. Make sure to include ingredients from the bottom of the bowl. Batter should appear lumpy.
8. **Gently** stir in cranberries.
9. Spoon batter in to prepared muffin cups, dividing batter equally.
10. **TOPPING:** Sprinkle muffin tops evenly with reserved bran and seeds.
11. Bake for 18 – 25 minutes, or until a tester inserted in the centre comes out clean.
12. Let cool a few minutes in pan and then remove to a cooling rack.

**Nutrition Information per muffin (approx):**

(Our muffins will vary slightly due to substitution of non-hydrogenated margarine for the butter)

About 342 calories, 9 g protein, 16 g total fat (6 g saturated fat), 46 g carbohydrates, 4 g fibre, 53 mg cholesterol (butter, mostly), 225 mg sodium, 265 mg potassium. % RDI (Recommended Daily Intake): 8% calcium, 21% iron, 9% vitamin A, 3& vitamin C, 30% folate.

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