



Cranberry Orange Muffins

Prep time: 10 minutes | Cooking time: 15 minutes | Number of servings: 12

2 cups Better Baking Mix (see back)

1/2 cup sugar

1/2 cup dried fruit (cranberries or cherries), chopped

1 egg, beaten

1/4 cup vegetable oil

3/4 cup orange juice or water

Optional 1 to 2 teaspoons grated orange rind

Directions

1. Preheat oven to 400° F. Grease 12 cup muffin pan.
2. Mix the baking mix, sugar, dried fruit, and orange rind (*optional*) in a bowl.
3. Add egg, oil, and liquid to dry ingredients. Stir just until all ingredients are wet.
4. Spoon into the prepared muffin pan.
5. Bake 15 minutes or until lightly browned and toothpick comes out clean.



Food Sense Tip

- Adding dried fruit is a great way to sweeten baked goods while adding fiber and nutrients.

Nutrition Facts (Serving size 1 muffin): Calories-140; Protein-3g; Carbohydrate-20g; Total Fat-6g; Saturated Fat-0.5g; Cholesterol-20mg; Fiber-1g; Sodium-190mg; Vitamin C-15%; Vitamin A-2%; Iron-4%; Calcium-10%

Adapted from Washington State University Extension Food Sense

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Better Baking Mix

Directions

1. In a large mixing bowl, stir all ingredients until well mixed.
2. Store in closed covered can or plastic container, or sealed heavy plastic bag.
3. Label and date the container. Use within 6 months.
4. Stir lightly before using in recipes.

Use 2 cups of Better Baking Mix to make...

- Pancakes**
Mix with 1 cup water, 2 tablespoons vegetable oil, and 2 beaten eggs.
- Drop Biscuits**
Mix with ¼ cup vegetable oil, ¾ cup water or milk. Bake 10 to 12 minutes at 400° F on lightly greased baking sheet.
- Sugar and Spice Cookies**
Mix with ½ cup sugar, 1 teaspoon cinnamon or pumpkin pie spice, 1 egg, ¼ cup vegetable oil, ½ teaspoon vanilla, ⅔ cup water. Bake 10 to 12 minutes at 350° F on lightly greased baking sheet.



KID-TESTED SNACKS

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Better Baking Mix

- 4 cups all-purpose flour
- 4 cups quick rolled oats or whole wheat flour
- 1½ cups nonfat dry milk
- 4 tablespoons baking powder
- 1 teaspoon salt

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