Cranberry Orange Muffins

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

2 cups Better Baking Mix (see back)
½ cup sugar
½ cup dried fruit (cranberries or cherries), chopped
1 egg, beaten
¼ cup vegetable oil
¾ 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.

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%

Food Sense Tip
• Adding dried fruit is a great way to sweeten baked goods while adding fiber and nutrients.

Adapted from Washington State University Extension Food Sense
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

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, ¾ cup water. Bake 10 to 12 minutes at 375° F on lightly greased baking sheet.

This material was funded by USDA’s Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact http://foodhelp.wa.gov or the Basic Food Program at 877-501-2233.

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