Adapted from Washington State University Extension Food \$ense

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

Food \$ense Tip

comes out clean.

- 5. Bake 15 minutes or until lightly browned and toothpick
 - 4. Spoon into the prepared muffin pan.

all ingredients are wet.

orange rind (optional) in a bowl.

3. Add egg, oil, and liquid to dry ingredients. Stir just until

sugar, dried fruit, and

Grease 12 cup muffin pan. 2. Mix the baking mix,

1. Preheat oven to 400° F.

Directions

Optional 1 to 2 teaspoons I hange rind

¾ cup orange juice or water

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1 egg, beaten

½ cup sugar ½ cup dried fruit (cranberries or cherries), chopped

> 2 cups Better Baking Mix (see back)

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

Cranberry Orange Muffins



KID-TESTED SNACKS

KID-TESTED SNACKS



Cranberry Orange Muffins

Prep time: $10 \text{ minutes} \mid \text{Cooking time: } 15 \text{ minutes} \mid \text{Number of servings: } 12$

- 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
- 34 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 \$ense 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%

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SUAP). The Supplemental Nutrition Assistance Program (SUAP) 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.

Sugar and Spice Cookies Mix with ½ cup sugar, 1 teaspoon cinnamon or pumpkin pie spice, 1 egg, ¾ cup vegetable oil, ½ teaspoon vanilla, ¾ cup water. Bake 10 to 12 minutes at % cup water graphly greased baking sheet.

Drop Biscuits Mix with $\frac{1}{4}$ cup vegetable oil, $\frac{3}{4}$ cup water or milk. Bake 10 to 12 minutes at 400° F on lightly greased baking sheet.

Pancakes
Mix with 1 cup water, 2 tablespoons
vegetable oil, and 2 beaten eggs.

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

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

Directions

1 teaspoon salt

4 tablespoons baking powder

1% cups nonfat dry milk

4 cups quick rolled oats or whole wheat flour

4 cups all-purpose flour

Better Baking Mix



KID-TESTED SNACKS

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Better Baking Mix

- 4 cups all-purpose flour
- 4 cups quick rolled oats or whole wheat flour
- 1¹/₃ 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 350° F on lightly greased baking sheet.

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