



Iroquois Cranberry Growers
Favorite Recipes
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Orange Cranberry Muffins

Ingredients

1 cup chopped cranberries
2 cups flour
4 teaspoons baking powder
the grated rind of one orange
1 egg beaten
1 cup liquid, a combination of milk and orange juice from the orange above
¼ cup white sugar for cranberries
¼ cup white sugar for mix
½ cup shelled sunflower seeds
pinch of salt
3 tablespoons of vegetable oil

Method

Chop cranberries and add ¼ cup of sugar and set aside. Mix dried ingredients including seeds and orange rind and add to sugared cranberries.

Squeeze orange into a measuring cup and top up with milk for 1 cup of liquid. Add egg and oil and beat.

Add to dry ingredients. Put into a greased muffin tin and bake at 200°C (400°F) until done, about 20 minutes.