**Cranberry Orange Muffins**

Yields 6 muffins

**Ingredients**

250 ml flour

80ml sugar

2.5 ml baking powder

1ml baking soda

0.5ml salt

125ml frozen cranberries

½ egg

100ml orange juice

30ml vegetable oil

grated orange rind

**Method:**

1. Place oven racks in centre of oven. Preheat oven to 400 F. Grease muffin pan (6)

2. In a large bowl, combine all dry ingredients (flour, sugar, baking powder, baking soda, salt)

3. In a medium bowl, combine egg, orange juice, oil and orange rind.

3. Using a wooden spoon, stir in cranberries to dry mixture.

7. Slowly add liquid ingredients to dry ingredients. Stir no more than 16 times, just until moistened.

8. Fill 6 muffin tins about 2/3 full.

9. Bake 15 minutes until lightly browned and firm to touch. Cool for 5 minutes and remove muffins from pan.