

Cranberry Orange Muffins

(Makes 12 muffins)

Ingredients:

- 2 cups white whole wheat flour
- ¼ cup ground flaxseed
- 3 teaspoons baking powder
- ½ teaspoon salt
- ¾ cup low-fat cottage cheese
- ½ cup skim milk
- 1/3 cup sugar
- ¼ cup canola oil
- 2 teaspoons grated orange peel
- 1 egg
- ¾ cup coarsely chopped fresh or frozen cranberries
- ¼ cup powdered sugar (optional)
- 2 teaspoons orange juice (optional)



Directions:

1. Heat oven to 400 degrees.
2. Line 12 muffin cups with paper baking cups or spray with nonstick spray.
3. In a large bowl, stir together flour, flaxseed, baking powder and salt.
4. In a medium bowl, whisk together the cottage cheese, milk sugar, oil, orange peel, and egg. Stir the wet mixture into the flour mixture just until the flour is moistened (the batter will be thick). Fold in the cranberries.
5. Divide the dough evenly among the muffin cups. Bake for 17-21 minutes or until a toothpick inserted in the center of a muffin comes out clean. Remove from oven and set on wire rack to cool.

Optional Glaze:

1. In a small bowl, stir together the optional powdered sugar and orange juice until smooth.
2. Drizzle the glaze over the warm muffins.

Nutritional Analysis: (per serving)

- Calories: 175
- Total Fat: 7 g
- Saturated Fat: 1 g
- Cholesterol: 417 mg
- Sodium: 275 mg
- Total Fiber: 3 g
- Protein: 6 g
- Carbohydrate: 25 g
- Sugar 4 g (without glaze)

Source:

<http://www.daisybrandhealth.com>