**** **Cranberry Orange Muffins**

Ingredient:

1 cup white flour

1 cup whole wheat flour

 ¾ cup sugar

 1 tsp baking powder

 ½ tsp baking soda

 1 cup chopped cranberries (dried/fresh/frozen)

 1 egg

 ¾ cup orange juice

 ¼ cup oil

 1 tsp grated orange rind (optional)

Method:

1. Combine all dry ingredients. Stir in cranberries.
2. Beat egg, orange juice, oil and rind together in separate bowl.
3. Add wet ingredients to dry ingredients and mix.
4. Spoon into muffins tins and bake at 400 degrees F for 15-20 mins. Remove muffins from pan to cool.