

# Jersey Cranberry Muffins

Anne Clayton - Toms River, NJ

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**Yield: 1 dozen muffins**

*2 cups flour*

*1 1/2 teaspoons baking powder*

*1/2 teaspoon baking soda*

*1 cup sugar*

*1 teaspoon grated orange peel*

*1 teaspoon salt*

*1 large egg*

*3 tablespoons vegetable oil*

*3/4 cup orange juice*

*1 1/2 cups whole cranberries*

**Preparation Time: 20 minutes****Bake Time: 20 minutes**

Grease a twelve-cup muffin pan.

Preheat the oven to 450 degrees.

In a large bowl, sift together the flour, baking powder and baking soda. Stir in the sugar, orange peel and salt.

In a bowl, beat together the egg, oil and orange juice. Make a well in the center of the flour mixture. Pour the liquid into the well. Mix well. Fold in the cranberries.

Spoon the batter into the muffin tins until 1/2 to 2/3 full.

Bake for 20 minutes or until a toothpick inserted into the center comes out clean.

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Per Serving (excluding unknown items): 2209 Calories; 49g Fat (19.7% calories from fat); 33g Protein; 412g Carbohydrate; 8g Dietary Fiber; 212mg Cholesterol; 3571mg Sodium. Exchanges: 12 1/2 Grain(Starch); 1 Lean Meat; 1 1/2 Fruit; 8 1/2 Fat; 13 1/2 Other Carbohydrates.