

Buttermilk Cranberry Muffins

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Yield: 18 muffins

1 heaping cup cranberries, coarsely chopped

3/4 cup sugar, divided

3 cups all-purpose flour

3 1/2 teaspoons baking powder

1/2 teaspoon salt

1/4 teaspoon baking soda

1/2 cup butter

1 large egg

1 1/2 cups buttermilk

2 tablespoons orange juice concentrate, thawed

CRANBERRY BUTTER

1 cup dried cranberries

1 cup confectioner's sugar

1/2 cup butter

1 tablespoon lemon juice

Preparation Time: 15 minutes

Bake Time: 25 minutes

Preheat the oven to 375 degrees.

In a bowl, combine the cranberries with 1/4 cup of sugar. Set aside.

In a bowl, sift together the flour, remaining sugar, baking powder, salt and baking soda. Cut in the butter until the mixture resembles coarse meal.

In a bowl, lightly beat together the egg, buttermilk and orange juice concentrate. Add the egg mixture and sweetened cranberries to the dry ingredients, stirring just until combined. Spoon the batter into buttered muffin cups, filling two-thirds full.

Bake until a toothpick inserted in the muffins comes out clean, about 25 minutes.

For the cranberry butter, puree the dried cranberries in a food processor or blender. Add the sugar, butter and lemon juice. Process until smooth. Refrigerate until serving.

Per Serving (excluding unknown items): 4324 Calories; 196g Fat (40.4% calories from fat); 60g Protein; 592g Carbohydrate; 14g Dietary Fiber; 722mg Cholesterol; 5427mg Sodium. Exchanges: 19 Grain(Starch); 1 Lean Meat; 1 Fruit; 1 1/2 Non-Fat Milk; 37 1/2 Fat; 18 1/2 Other Carbohydrates.