

Orange Cranberry Muffins

Yields: 10 muffins

ingredients

- 1 large ripe banana, ripe
- ½ cup unsweetened almond milk
- 1 teaspoon vanilla extract
- Zest from 1 orange
- ½ cup dried cranberries, or 1 cup fresh
- 1 ½ cups whole wheat pastry flour
- ½ cup sugar
- ½ teaspoon salt
- 1 teaspoon cinnamon
- 2 teaspoons baking powder
- ⅓ cup avocado oil, or other high heat neutral oil



directions

Heat oven to 375 degrees F. Line or lightly grease 10 of 12 muffin cups.

Whisk the pastry flour, sugar, baking powder, cinnamon and salt in a large bowl.

Add avocado oil, mashed banana, almond milk, vanilla, and orange zest to a bowl and whisk until smooth.

Add the wet to the dry ingredients and lightly combine. Be careful to not over mix.

Fold in the cranberries (saving a few for topping) and evenly add the batter to the muffin tins. Top with remaining cranberries and dust with coarse sugar (optional).

Bake for 15-17 minutes or until a toothpick is inserted in the middle and comes out clean. Allow the muffins to cool – just enough to enjoy!

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