

Cranberry Apple Muffins from Becky Hoffmann

1 C. Unbleached flour
½ C. Bran or whole wheat flour
1 tsp. Baking soda
1 tsp. Cinnamon
¼ tsp. Salt
2 Eggs
¾ C. Brown sugar (I use turbinado sugar, aka “raw brown sugar”)
¼ C. Oil (I use olive oil)
1 tsp. Vanilla
¾ C. Diced, unpeeled apple
¾ C. Fresh cranberries
½ C. Chopped walnuts

Heat oven to 350*

Grease muffin cups or use paper cups

Mix flours, baking soda, cinnamon in a large bowl

Put apple and cranberries in food processor and buzz until small bits
Add walnuts to the mixture and buzz until they are small bits too

Stir apple, cranberries and walnuts into the flour mixture

Combine eggs, sugar, oil and vanilla and pour over flour mixture and stir just until moistened

Scoop into muffin cups
Makes 12 regular, or 24 bite-size muffins

Bake 20-25 minutes or until browned and firm

Do not freeze

BON APPETIT! Becky Hoffmann