

# CRANBERRY CORNMEAL MUFFINS

## INGREDIENTS

- ¼ cup olive oil (not EVOO)
- 1 cup flour
- 1 cup cornmeal (fine or medium)
- 2 tsp baking powder
- 1 egg
- ¾ cup sour cream
- ⅓ cup maple syrup or honey
- zest of one lemon or ½ orange
- ¼ tsp salt
- ½ cup frozen cranberries chopped or cranberry sauce



**Prep Time**  
10 min



**Cook Time**  
20-25 min



**Portion**  
12 Pcs

## DIRECTIONS

1. Preheat oven to 375 degree Fahrenheit.
2. Line muffin tins with baking cups.
3. Mix all wet ingredients together, except for cranberries.
4. In a separate bowl mix all dry ingredients together.
5. Combine wet and dry ingredients and stir until incorporated.
6. If using frozen cranberries gently incorporate now and fill baking cups to ¾ full.
7. If using cranberry jelly fill baking cups to ½ full. Add a teaspoon of cranberry jelly and then the rest of the muffin mix on top so that the muffins are ¾ full in the baking cups.

- Bake for 20-25 minutes, until a toothpick inserted comes out clean.

## **NUTRITIONIST'S TIP**

I like to use leftover cranberry sauce from the holidays instead of it going to waste. I don't buy canned cranberry sauce because I find the taste too sweet. I typically buy fresh cranberry and simmer them down with orange juice, orange zest and maple syrup to my desired consistency.