

# Orange Cranberry Muffins

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Makes 12

Blue -1 muffin – 2 points, 2 muffins – 5 points

Purple – 1 muffin – 2 points, 2 muffins – 5 points

Green – 1 muffin – 2 points, 2 muffins – 5 points

- 2 cups flour
- 1 Tbsp baking powder
- 1/4 tsp salt
- 1 large egg
- 1 cup zero calorie sweetener (I use Lakanto Monkfruit)
- 1/4 cup unsweetened applesauce
- 1 cup reduced sugar orange juice (Like Trop 50)
- zest from 1 orange
- 1 1/4 cup fresh cranberries, chopped (I toss them in the food processor)

1. Preheat oven to 400.
2. Spray a 12 cup muffin pan with non stick spray (I don't recommend using liners – the muffins will stick)
3. Whisk together flour, baking powder and salt. Set aside.
4. Beat the egg, sugar and applesauce with an electric mixer on medium speed until smooth. Add the orange juice and zest and beat again.

5. Add the flour and the chopped cranberries to the egg mixture by hand until just combined. Do not overmix.
6. Spoon batter into muffin tins making each one 2/3 full.
7. Bake 15-20 minutes until a toothpick inserted in center comes out clean.
8. Cool in pan for 10 minutes, then remove to wire rack. Eat warm or let cool.