

Cranberry and Orange Muffins

These muffins are full of traditional Christmas flavours, but they taste delicious any time of year! Soak the cranberries in orange juice for a few hours to soften them and give the muffins an extra zesty flavour too!



Egg, milk and wheat (gluten)*

Nutritional information per muffin (74g):

Energy	Fat	Saturates	Sugars	Salt
757kJ 212kcal 9%	7.9g 11%	1.2g 6%	17g 18%	0.46g 8%

of an adult's reference intake.
Typical values per 100g: energy 1022kJ/286kcal.

Equipment

Weighing scales
12-hole muffin tin
Paper muffin case x 12
Measuring spoons
Mixing bowl
Wooden spoon
Measuring jug x 2
Fork
Grater
Juice squeezer
Metal spoon
Oven gloves
Wire rack

Ingredients

Makes 12 muffins

250g self-raising flour
100g golden caster sugar
1 x 5ml spoon bicarbonate of soda
2 x 5ml spoons cinnamon
85ml sunflower oil
2 eggs
2 clementines OR 1 orange
100-150ml semi-skimmed milk
120g dried cranberries

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- Be careful not to overmix, or the muffins will be tough.

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Method

1. Preheat the oven to 200°C/180°C fan or gas mark 6.
2. Put the paper cases into the muffin tin.
3. Mix together the dry ingredients (flour, sugar, bicarbonate of soda and cinnamon) in a mixing bowl.
4. Place the oil in the measuring jug.
5. Beat the eggs separately in a second measuring jug and add to the oil. Rinse out the jug.
6. Grate the zest from the clementines or orange.
7. Squeeze the juice from the clementines or orange into the jug. Add the milk until it comes up to the 200ml mark.
8. Add the milk and juice to the eggs and oil and mix well. Stir in the zest.
9. Pour the wet ingredients into the dry ingredients and stir until combined.
10. Fold in the dried cranberries.
11. Spoon the mixture into the paper cases.
12. Bake for 15–20 minutes, until risen and just golden.
13. Cool on the wire rack. Serve warm.

Something to try next time

- You could replace the cranberries with the same quantity of any dried fruit.

Prepare now, eat later

- Muffins are best eaten freshly baked, but can be stored in an airtight container for up to 2 days.
- Alternatively freeze for up to 1 month. Defrost thoroughly before eating.

Skills used include:

Weighing, measuring, grating, squeezing, beating, mixing/combining, folding and baking.

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