

Lighter Orange-Cranberry Muffins

Makes 12 Muffins

1 cup whole wheat flour
1/2 cup AP flour
1 tsp. baking powder
1/2 tsp. baking soda
pinch of salt
1/4 tsp. ground cinnamon
1/4 cup canola oil
1/2 cup sugar
1 egg
1/2 cup plain fat free yogurt
1/2 cup fresh orange juice
1 tsp. orange zest
1 tsp. vanilla extract
1/3 cup dried cranberries

Preheat oven to 375 and spray a muffin tin with cooking oil.

Sift together the flours, baking powder, baking soda, salt and cinnamon. Set aside.

Beat the canola oil and sugar until smooth, and then add the egg, beating just until incorporated. Add the yogurt, orange juice, zest, vanilla and blend well.

In 3 additions, add all but 1 Tbsp. of the flour mixture to the wet ingredients, mixing until just incorporated. Don't overmix! Toss the cranberries with the remaining 1T flour and then fold into the batter. Spoon into prepared tin and bake for about 18 minutes, or until a toothpick comes out clean.