

Featured Ingredient... Cranberries



CRANBERRY ORANGE ENERGY MUFFINS

INGREDIENTS

- 1 ½ cups all-purpose flour
- ½ cup rolled oats
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- ½ cup sugar or honey
- 1 cup fresh or frozen cranberries (chopped if large)
- Zest of 1 orange
- ½ cup orange juice
- 2 large eggs
- ½ cup full-fat Greek yogurt or sour cream
- ½ cup canola oil, coconut oil, or melted butter
- 1 tsp vanilla extract
- Optional: ¼ cup chopped nuts or white chocolate chips for extra calories

DIRECTIONS

1. Preheat the oven to 375°F (190°C). Grease or line a 12-cup muffin tin.
2. In a large bowl, whisk together flour, oats, baking powder, baking soda, salt, and sugar.
3. In another bowl, mix orange juice, zest, eggs, yogurt, oil, and vanilla.
4. Add the wet ingredients to the dry and stir until just combined. Gently fold in cranberries (and nuts or chips, if using).
5. Spoon into muffin cups and bake for 18–22 minutes, until golden and a toothpick comes out clean.
6. Cool and enjoy!

CF NUTRITION TIPS

- Spread with cream cheese or nut butter before eating for extra fat and calories.
- Add 2 tablespoons of powdered milk to the batter for more protein.
- For extra vitamin absorption, pair with a high-fat snack or enzyme dose as prescribed.