

Date and Orange Muffins

Enjoy some super flavourful & moist, easy to make date & orange muffins!

Preparation Time: 10 min.

Cooking Time: 15 min.

Servings: 10 smallish muffins

Amount	Ingredient	Cost - date:
1	Egg, large	
1	Orange, medium, unpeeled - if it's a large orange - don't need all of the peel	
1/2 cup	Orange juice, freshly squeezed	
1/2 cup	Oil or Butter, melted and back to room temperature or a combination of ¼ cup oil & ¼ cup applesauce	
1 cup	All-Purpose Flour	
½ cup	Whole wheat flour	
1/2 cup	White Sugar (or less)	
1 tsp	Baking Soda	
1 tsp	Baking Powder	
3/4 tsp	Salt	
1/2 cup	Dates, finely chopped (if dates are hard soak in OJ for a while)	
	Cost for the total recipe:	
	Cost for 1 serving:	

Preparation:

1. Preheat oven to 375 degrees. Line 10 muffin tins.
2. Cut up orange & remove seeds.
3. Put orange, juice in blender & mix well - don't want big chunks. Add eggs & oil & mix well.
4. In another medium bowl, mix the flours, sugar, baking soda, baking powder and salt. Add to the wet mixture, stir until just blended; not more. Add dates and mix.
5. Spoon batter into prepared muffin tins and put into the oven pretty quickly, because they start rising. Bake in the center of the oven for 15 minutes or until a toothpick inserted comes out clean. Take out of pan and cool on a wire rack.

SOURCE: Lisa's mom

Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!