

Cranberry & Lemon Muffins

Preparation Time: 25 min.

Cooking Time: ~20 min.

Servings: 10

Ingredients:

Amount	Ingredient	Cost – date:
2 cups (500 mL)	all-purpose flour	
1 Tbsp (15 mL)	baking powder	
1 cup (250 mL)	Rolled oats	
¾ cup	Brown sugar (original recipe had 1 cup, packed)	
1 tsp (5 mL)	Nutmeg	
1 cup	Dried cranberries	
2 Tbsp (30 mL)	Poppy seeds	
1	Lemon – grated zest and juice from	
1 ¼ cups (310 mL)	Milk	
½ cup (125 mL)	vegetable oil * (original recipe unsalted butter, melted)	
1	Egg, lightly beaten	
Crumble Topping:		
2 Tbsp (30 mL)	Rolled oats	
¼ cup (60 mL)	Brown sugar, packed	
½ tsp (2.5 mL)	Ground cinnamon	
1 Tbsp (15 mL)	Butter, melted	
OPTIONAL:	1/3 cup (75 mL) Pecans, finely chopped	
	Cost of 1 muffin:	

Preparation:

1. With the rack in the middle position, preheat the oven to 400 degrees F. Line a 12 cup muffin pan with paper liners. (NOTE: If all the muffin cups in the pan are not used, pour a little water into the empty ones. The water will protect the molds and keep the batter moist while baking)
2. In a large mixing bowl, sift together the flour & baking powder. Add the rolled oats, brown sugar, nutmeg, dried cranberries, poppy seeds and lemon zest. Stir well. Set aside.
3. In another bowl, combine the milk and lemon juice. Let stand for 2 minutes. Meanwhile, prepare the crumble topping.
4. In a small bowl, blend the oats, brown sugar, cinnamon & butter until the texture is grainy. Set aside.
5. Add the melted butter and egg to the milk mixture.
6. Make a well in the centre of the dry ingredients. Pour in the liquid ingredients. Blend quickly, without overbeating.
7. Fill the 10 muffin cups. Sprinkle the muffins with the crumble. Press lightly with your fingers.
8. Bake for 20 minutes or until a toothpick inserted in the centre of the muffin comes out clean. Let stand 5 minutes. Unmould on a rack.

NOTE: They freeze well – to keep them fresh – thaw as needed and warm if desired.

Recipe source: modified from: www.ricardocuisine.com/en/recipes/20-cranberry-and-lemon-muffins

Connections Cafe recipe – Nov 18, 2021