

RECIPE OF THE YEAR – 2017

14 Years and Under – Class 1900 – Orange Cranberry Muffins*

Ingredients:

• medium navel orange, washed	1	1
• orange juice	½ cup	125 ml
• large egg	1	1
• hard margarine	½ cup	125 ml
• dried cranberries	½ cup	125 ml
• all-purpose flour	1 ¾ cups	425 ml
• baking powder	1 tsp.	5 ml
• baking soda	1 tsp.	5 ml
• granulated sugar	2/3 cup	150 ml
• salt	½ tsp.	2 ml

Instructions:

1. Place the oven rack in the center position.
2. Preheat oven to 400°F (205°C).
3. Grease the muffin tin or use parchment baking cups.
4. Cut the orange with a knife into 8 pieces on a cutting board. Put into a blender.
5. Add the orange juice. Place the lid on the blender. Process for 1 ½ minutes until the orange peel is finely chopped.
6. Add the egg and the margarine. Process until blended.
7. Add the dried cranberries. Process for 2 minutes.

8. Prepare the remaining 5 ingredients with a mixing spoon in a large bowl.
9. Make a well in the center. Pour the wet ingredients into the well.
10. Stir just to moisten.
11. Divide the batter into 12 muffins cups.
12. Bake in the oven for 15 minutes until golden brown. A toothpick inserted in the centre of 2 or 3 muffins should come out clean.
13. Use oven mitts to remove the muffin pan to a cooling rack.
14. Let stand for 10 minutes.
15. Remove the muffins to the rack to cool completely.

16. Arrange **three** muffins on a plate for display at the fair. Share the rest with your family.

* Recipe complements of Jean Paré from *kids cook! Company's Coming* series

***The recipe in this class
is to be prepared by children 10 years and under,
but adult supervision is recommended.***