

CRANBERRY OLIVE OIL MUFFINS



INGREDIENTS

- 1 3/4 Whole wheat pastry flour **OR** gluten-free flour of your choice
- 2 t Baking powder
- 1/2 t Salt
- 3/4 C Splenda sugar substitute cup for cup
- 1 C Egg substitute
- 2 t Orange zest
- 2 t Lemon zest
- 2 T Balsamic vinegar
- 2 T Almond milk
- 3/4 C Olive oil (see note below)
- 1 C Cranberries (if using frozen, thaw & let sit between 2 paper towels so they dry out)
- Non-stick cooking spray

DIRECTIONS

- 1 Pre-heat oven to 350 F
- 2 Line a 12 cup cupcake tin with paper liners
- 3 Combine the flour, baking powder & salt in a large bowl & set aside
- 4 In a separate bowl, beat together the sugar & egg substitutes until creamy & then add the zests, vinegar & almond milk
- 6 Add the olive oil into this bowl & use your hand mixer on low to blend the it with the ingredients
- 7 Pour this mix into your flour, baking powder & salt mix & stir just until combined
- 8 Fold in the the cranberries
- 9 Spoon into the cupcake pan, filling each cup nearly to the brim.
- 10 Bake for 30 – 35 minutes **OR** until a toothpick inserted in the center comes out clean
- 11 Let the cupcakes sit for 30 minutes
- 12 Use a plastic knife to loosen them & then place them on a wire rack to cool
- 13 The original recipe ended with a sprinkling of confectioners sugar before serving.

NOTES

- 1 Using extra-virgin results in a fruitier, more pronounced olive-oil flavor
- 2 Using regular olive oil yields a lighter taste
- 3 Both work

OPTIONAL CRANBERRY SAUCE

- 1 Mix cranberry sauce, crushed pineapple.
- 2 If you want a crunch, add chopped walnuts.
- 3 This sauce is also great to serve by itself.