



Cran-Apple Muffins

Makes 12 muffins

1 cup flour
½ cup whole wheat flour
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon cinnamon
¼ teaspoon salt
2 large eggs
¾ cup packed brown sugar
¼ cup vegetable oil
1 teaspoon vanilla
¾ cup diced, unpeeled tart apple
¾ cup fresh cranberries
½ cup chopped walnuts

Heat oven to 350 degrees F.

Grease a muffin tin.

Mix first 6 ingredients together in a large bowl.

Break eggs into a separate bowl.

Add brown sugar and stir until smooth. Whisk in oil & vanilla. Add the fruit and nuts.

Fold wet ingredients into dry ingredients until just moistened.

Fill muffin cups.

Bake for 20-25 minutes until no longer wet in the middle.

Serve warm.