



MEYER LEMON CRANBERRY MUFFINS

INGREDIENTS

2 cups all-purpose flour
1 tablespoon baking powder
½ teaspoon salt

¾ cup sugar
zest & juice of 1 meyer lemon
1 cup fresh cranberries, halved¹

1 cup milk
1 egg²
¼ cup oil³

INSTRUCTIONS

Prep: preheat oven to 400°, spray 12 cup muffin pan with non-stick spray. zest the lemon, then juice it. place zest in the mixing bowl with sugar and mix together. mix juice and milk together in a measuring cup, set aside.

Mix: add the flour, baking powder and salt to the sugar/zest and mix. add the egg and oil to the milk and juice, then mix the wet ingredients into the dry until just moistened (do not over-mix). fold in cranberries.

Bake: pour batter into muffin cups, dividing evenly. bake for 20-25 minutes, until tops are brown and center muffins pass toothpick test.

NOTES

¹ whole, frozen cranberries work just as well

^{2,3} to reduce fat/cholesterol, use ¼ cup egg substitute and ¼ cup unsweetened applesauce (though using the applesauce will result in denser, chewier muffins)

it's crucial that the zest and sugar be mixed together before adding the other dry ingredients. i have stockpiled (frozen) meyer lemon zest and juice; i use 4 cubes of juice (3-4 ounces±) and 3 tablespoons of zest.

