

CHOCOLATE BOTTOM CRANBERRY MUFFINS

makes 12-13 *If you have extra batter, bake another muffin in a greased ramekin or oven-safe cup. See cook's note for variations: Chocolate Topped Cranberry Muffins or Chocolate-Cranberry Muffins.*

6 WW (Weight Watchers) SmartPoints (Freestyle) Skip chocolate, count just 5.

- 2 eggs (can sub 1 egg beaten with 2 egg whites or 1/2 cup egg substitute)
- 1/4 cup canola oil
- 1 cup low-fat milk
- Grated rind of one orange (about 2 tablespoons)
- 2 tablespoons fresh orange juice
- 1 1/4 cups all purpose, unbleached flour
- 3/4 cup whole wheat flour
- 1/4 cup stoneground cornmeal
- 1/3 cup granulated sugar
- 1/2 **EACH** teaspoon kosher salt and baking soda
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon ground cinnamon
- 1 1/4 cups fresh cranberries, chopped (If using frozen, allow a little extra baking time.)
- 1 ounce bittersweet chocolate, finely chopped (about 1/4 cup)

1. Preheat oven to 400 Degrees Fahrenheit. Place oven rack at center of oven. Grease or spray well 12-muffin cup muffin tin including edges around the top of each cup.
2. Beat together the eggs and canola oil in a measuring cup; set aside.
3. Beat together the milk with the orange rind and juice; set aside for 2 minutes.
4. In a large measuring cup or bowl, whisk together dry ingredients, flour – baking powder. Pour the egg mixture and the milk mixture on top of the dry ingredients and mix until just combined. Stir in cranberries gently so that the batter is mixed, but not pink. (If it is, it'll still be lovely.)
5. Using a greased or sprayed large ice cream scoop, scoop about 1/4 cup of the batter into each cup. Sprinkle center of batter with about 3/4 teaspoon chopped chocolate and add a second small scoop of batter to cover chocolate. Don't overfill the tins. Bake on center oven rack for 13-15 minutes or until light golden in color and just firm at top. Do not over bake. Remove pan to a cooling rack.
6. Let sit a minute or two on rack. Using a small off-set spatula or kitchen knife, remove each muffin carefully. Let cool another minute or two on the rack and eat warm or cool completely and eat at room temperature.
7. Store leftovers in a well-sealed storage bag or container on the counter for up to 3 days or in the freezer for up to two weeks.**

**Hot climates or summertime: Refrigerate/freeze all muffins in well-sealed storage bag or tightly-sealed storage contain

COOK'S NOTES/VARIATIONS: CHOCOLATE TOPPED MUFFINS: Follow directions above, but at step 5: Scoop muffin batter into the tins and sprinkle the top of each with 3/4 teaspoon chopped chocolate. Bake, cool, and store as directed in the rest of directions 5, 6, and 7.

For CHOCOLATE-CRANBERRY MUFFINS, simply stir the chocolate pieces into the batter right after the cranberries in direction #4. (copyright Alyce Morgan, 2018. All rights reserved)