

Cranberry Orange Muffins

2 cups flour

$\frac{3}{4}$ cup white sugar

1 tsp. baking powder

$\frac{1}{2}$ tsp. soda

$\frac{1}{2}$ tsp. salt

1 tsp. orange rind

1 cup frozen cranberries (cut cranberries in half and do not thaw)

Combine all the above.

Beat 1 egg

$\frac{3}{4}$ cup orange juice (or juice about 3 oranges)

$\frac{1}{4}$ cup oil

Add liquid to flour mixture and just stir until moistened.

Put in muffin tins and bake at 400 for 16-17 minutes.

Make 1 dozen muffins.