

Dried Cranberry and Almond Muffins

Recipe makes 24 muffins

Serving size: 1 muffin

Calories per serving: 320

Ingredients

2 cups whole wheat flour
2 cups all-purpose flour
2 cups loosely packed brown sugar
4 teaspoons baking powder
1 teaspoon salt
2 teaspoons cinnamon
1 teaspoon ground cloves
1 cup slivered almonds (optional)
2 cups dried cranberries
6 large eggs, beaten
1 ½ cups extra virgin olive oil
2 teaspoons vanilla extract
2 teaspoons almond extract

Directions

Preheat the oven to 375°F. Line 24 muffin tins with paper liners.

Put the dry ingredients, except for the almonds and cranberries in a bowl and mix together thoroughly. Make sure there are no lumps of brown sugar. Stir in the almonds and cranberries.

In a separate bowl, add the rest of the liquid ingredients to the eggs and mix well.

Make a well in the dry ingredients. Pour the liquid ingredients into the well. Use a rubber spatula to gently combine the ingredients. The batter will not be smooth. Do not over mix or the muffins will not rise. The batter will be thick.

Divide the batter into the 24 muffin tins. Bake muffins for 23 to 25 minutes, or until the tops are golden brown. A cake tester or a toothpick inserted into the top of a muffin will come out clean.

Cool about 5 minutes on a cooling rack and remove from the pan to finish cooling. The muffins will get soggy if they are allowed to cool completely in the pans.