

FRESH ORANGE MUFFINS

INGREDIENTS:

- ☐ Grated zest of ½ orange
- ☐ ½ cup freshly squeezed orange juice (about 2-3 oranges)
- ☐ 1 large egg
- ☐ 2 tablespoons mild vegetable oil
- ☐ 2 tablespoons sugar
- ☐ ¾ cup all-purpose flour OR brown rice flour
- ☐ ¼ cup cornstarch
- ☐ 1 teaspoon baking powder
- ☐ 1 teaspoon baking soda
- ☐ ¼ teaspoon salt

INSTRUCTIONS: Preheat the oven to 425°.

Grate the zest off of 1 of the oranges and set it aside before squeezing for the required amount of juice. Arrange 9 foil baking cups about 1 inch apart on a baking sheet.

Beat the orange juice, egg, oil and sugar with a fork in a mixing bowl until smooth.

Stir in the orange zest, flour, cornstarch, baking powder, baking soda and salt. Beat just long enough to make a fairly smooth batter.

Fill each foil baking cup approximately ¾ full. Transfer the baking sheet to the oven. Bake for 12 minutes until the muffins have risen and a toothpick inserted in the center of a muffin comes out clean.

Transfer the foil cups to a wire rack to cool slightly. Serve warm or at room temperature.

Makes 9 muffins.

PER MUFFIN: 100 calories, 2 g protein, 15 g carbohydrate, 4 g fat (0 g saturated), 23 mg cholesterol, 195 mg sodium, 0 g fiber.