

# Spiced Cranberry Muffins

Traffic light category: **Amber**

Serves: 18

## Ingredients

- 1 cup dried cranberries
- 2 cups self-raising flour
- 3/4 cup brown sugar
- 1/2 cup pecans or rolled oats, coarsely chopped
- 2 teaspoons ground ginger
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 3/4 cup buttermilk
- 1/2 cup vegetable oil
- 1 egg, lightly whisked
- 1 tablespoon finely chopped pecans or rolled oats, extra
- 1 tablespoon brown sugar, extra

## Method

1. Preheat oven to 200°C. Line muffin pans with paper cases
2. Place the cranberries in a heatproof bowl and cover with boiling water. Set aside for 10 minutes to soak, drain well
3. Combine flour, sugar, pecans/oats, ginger, cinnamon, nutmeg and cranberries in a large bowl
4. Whisk buttermilk, oil and egg together in a jug. Add buttermilk mixture to flour mixture and stir until just combined (do not over mix)
5. Spoon evenly among the lined pans
6. Combine the extra pecans/oats and sugar in a small bowl and sprinkle over the muffins
4. Bake in preheated oven for 20 minutes or until a skewer comes out clean when tested. Turn onto a wire rack, serve warm.

## Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	826kJ	1482kJ
Protein	2.89g	5.20g
Total fat	9.74g	17.52g
Saturated fat	1.14g	2.08g
Carbohydrate	24.06g	43.88g
Sugars	13.18g	23.37g
Dietary fibre	1.42g	2.69g
Sodium	120mg	217mg



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