



## BLENDER FRESH ORANGE MUFFINS

February 20

National Muffin Day

### INGREDIENTS

- 1 Medium Orange
- ½ Cup Orange Juice
- 1 Large Egg
- ½ Cup Butter
- 1 Teaspoon Vanilla
- 1¾ Cups Flour (enriched or WGR)
- ¾ Cup White Sugar
- 1 Teaspoon Baking Powder
- 1 Teaspoon Baking Soda

### DIRECTIONS

1. Preheat your oven to 375 degrees and line a muffin tin with 12 liners.
2. Wash the orange. Cut it into small chunks, making sure to leave the peel ON, and remove any seeds.
3. Place the orange chunks and the orange juice into a blender or food processor. Process until smooth.
4. Then add the egg, butter and vanilla. Process until smooth. You might have to use a spatula to clean off the sides a couple of times.
5. In a separate bowl whisk together the flour, sugar, baking powder and baking soda.
6. Pour the orange mixture into the dry ingredients and combine.
7. Fill the muffin cups with the batter, distributing the batter evenly between the 12 cups.
8. Bake for 15 – 17 minutes. The tops should be lightly golden brown, and toothpick inserted into the center of a muffin should come out clean.

### MEAL PATTERN CONTRIBUTION

 Grain

### MEAL TYPE

 Snack

### YIELD

12 Muffins

### PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Muffin	½ Muffin	1 Muffin	1 Muffin