

# Honey Wheat Cranberry Muffins



## Ingredients:

- 2/3 cups sifted all purpose flour
- 1 1/3 cups whole wheat flour
- 1/2 teaspoon salt
- 2 teaspoons double acting baking powder
- 3 tablespoons honey
- 1 egg, beaten
- 1 cup buttermilk
- 1 1/2 tablespoon ASOYIA **ULTRA** LOW LIN SOYBEAN OIL
- 1/2 cup dried cranberries – halves or chopped

*Muffins are always best when warm, fresh out of the oven, but if you must reheat them, wrap loosely in foil and heat about 5 minutes in a 400°F. oven.*

*If your dried cranberries are very dry and hard. Soak them for 10 minutes in a little warm water. Do not let them get soggy!*

*Print, trim, and fold on dotted line.*

Asoyia Corporate Web Site: [www.Asoyia.com](http://www.Asoyia.com)

Asoyia 2730 Naples Ave., Sw, Suite 104, Iowa City Ia 52240 | Phone: 319.339.4645 | Toll Free: 877.276.9421  
Fax: 319.339.4647 | © 2009 - Asoyia **Ultra** is a product of Asoyia. Asoyia® is a registered trademark



1. Preheat oven to 400°F.
2. Prepare muffin pans – use cup liners for easier handling during busy holiday seasons – the size of your muffin pan will determine the number – between 12 and 24. If you are not using liners, grease the muffin tin with ASOYIA.
3. Combine flours, salt and baking powder in a mixing bowl and set aside.
4. Blend together the beaten egg, milk, honey and ASOYIA.
5. Make a “well” in the middle of dry ingredients and add liquid blend all at once.
6. Using a few swift strokes blend in the liquid ingredients. Do not over mix! Lumpy and some visible dry ingredients are okay!
7. Fold in the dried cranberries being careful not to over mix! The mix should be coarse and lumpy. It should not flow off the spoon in a ribbon of batter.
8. Using a large tablespoon, fill muffin liner cups until about 2/3 full.
9. Place muffin pan on middle shelf and bake for 20 – 25 minutes or until golden brown.
10. Cool for a few minutes when removing from the muffin pans if you are not using liners.

## Preparation Instructions:

# Honey Wheat Cranberry Muffins