

Sarah's Healing Touch

Orange Marmalade Muffins

Ingredients:

- 3/4 C. freshly squeezed orange juice
- 1/2 C. fruit sweetened orange marmalade
- 1/3 C. oil
- 1/4 C. maple syrup
- Grated zest of 1 orange
- 2 C. whole wheat pastry flour
- 1 t. baking powder
- 1 t. baking soda
- 1/2 t. real salt

Directions:

Preheat the oven 350. Lightly oil a 12-cup muffin pan and dust with flour. Put the orange juice, marmalade, oil, syrup, and zest into a small bowl and stir together. Whisk the dry ingredients. Add the orange juice mixture and combine being careful not to over mix batter. Spoon the batter into tin filling each cup about three-quarters full. Bake for about 20-25 minutes

*Recipe taken from Diet for a New World by John Robbins

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