

Cinnamon Cranberry Flax Muffins

Ingredients

1 cup fresh or dry cranberries
1 ¼ cup ground flax meal
1 teaspoon baking powder
3 tablespoons cinnamon
1 teaspoon nutmeg
½ teaspoon salt
4 larger eggs , beaten
¼ cup olive oil
½ cup sugar free syrup (or maple syrup)
1 tablespoon vanilla
2 tablespoons grated orange peel
¾ chopped walnuts or pecans (optional for toping)

Preparation

Preheat oven to 350 degrees
Liberally butter muffin tins , do not use paper muffin liners – they will stick
Pour boiling water over the cranberries. Let sit for 5 min and pour water out.
Mix dry & wet ingredients separately ,(minus the cranberries) , then mix them together.
Let the complete mixture stand for about 10 min. to thicken , fold in cranberries.
Fill each muffin about half way , and sprinkle with the nuts.
Bake about 15 -20 min or until wooden toothpick inserted in the center comes out clean.

Can be kept in the refrigerator or for a few months in the freezer.