



## Recipe: Streusel-Topped Orange Cranberry Muffin



**Makes 12 servings** - (1) dozen muffins

1/4 cup muesli cereal, unsweetened  
1/4 cup all-purpose flour  
2 tablespoons light brown sugar, firmly packed  
1/8 teaspoon salt  
1 tablespoon butter, unsalted, slightly softened  
2 teaspoons water  
1 1/2 cups Minute Maid® Orange Juice  
As needed, fat-free non-stick cooking spray  
2 1/4 cups all-purpose flour  
1 1/2 teaspoons baking powder  
1/2 teaspoon baking soda  
1 1/4 teaspoon salt  
1 cup sugar  
4 tablespoons butter, unsalted, melted and cooled slightly  
1 cup yogurt, plain, non-fat  
1 teaspoon vanilla extract  
1 grated orange peel  
1 egg, large, beaten  
1 egg white, large, beaten  
1 1/2 cups cranberries, fresh, rinsed and sorted, or frozen

### Method:

1. Make streusel by combining muesli, flour, brown sugar and salt in a bowl. Add butter and water to mixture. Using fingertips, mash together until mixture forms small pieces. Place in freezer until firm, about 30 minutes.
2. Place the juice in a saucepan over medium-high heat and reduce to 1/2 cup. Cool slightly.
3. Preheat oven to 350°F. Spray muffin tin with cooking spray. Sift together dry ingredients. In a separate bowl, combine butter, yogurt, vanilla extract, orange peel and reduced orange juice. Add egg and egg white and combine thoroughly by hand using a wire whisk.
4. Add dry ingredients to wet mixture in two parts. Mix by hand until just combined. Gently fold in cranberries. Divide batter evenly between muffin cups. Sprinkle 2 teaspoons of streusel topping on top of each muffin.
5. Bake muffins until tops are lightly golden and a toothpick comes out clean, about 35 minutes. Remove muffin pan from oven and cool on wire rack for 5 minutes. Remove muffins from pan and cool completely on wire rack.

### Nutritional Analysis:

Serving size: 1 muffin  
Cal: 254  
Protein: 5g  
Fat: 5g  
Carb: 47g  
Sodium: 403mg  
Chol: 31mg  
Sugar: 24g