



Cranberry Flax Muffins

1/3 cup brown sugar
2 tbsp. shortening
2 eggs
2/3 cup whole-wheat flour
2 tsp. baking powder
3/4 cup milk
1/2 cup **Natunola® health's
delight Shelled Flax Kernel**
1 tsp. grated orange peel
1/2 cup dried cranberries



Preheat oven 350°F. Cream together sugar and shortening. Add eggs, beating after each one.

Sift the flour together with the baking powder and add to the egg mixture alternately with the milk. Stir in Natunola® health's delight Shelled Flax Kernel, grated orange peel and dried cranberries.

Divide into 8 greased muffin tins and bake for 20 to 25 minutes.

Yields 8 muffins.

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