



Cran-Orange Muffins

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| ¼ cup light brown sugar, packed | ¼ teaspoon salt |
| ½ cup whole wheat flour | ¾ cup orange juice (any type except canned) |
| ½ cup all purpose flour | 1 egg |
| 1¼ teaspoons baking powder | 2 tablespoons vegetable oil |
| ½ teaspoon cinnamon | ½ cup cranberries, dried and sweetened |
| | Non-stick cooking spray or paper muffin liners (12) |

Directions:

Preheat oven to 350 degrees. Lightly spray muffin tins with non-stick spray or put paper liners in muffin tins. Place first six ingredients (dry ingredients) in medium sized mixing bowl and stir. Make a “well” in the center of dry mixture. Add wet ingredients to the well: orange juice, egg and oil. Stir just until dry ingredients are moistened. Do not overmix. Break up clumps of cranberries and add to batter. Stir to distribute cranberries.



Georgia 4-H Quick Pizza

Dough

- ½ cup all-purpose flour
- ¾ cup whole wheat flour
- ½ tsp salt
- 2 tsp sugar
- 1 envelope quick-rising yeast
- 2/3 cup hot water (125-130° F)
- 1 cup all-purpose flour (for steps 4,5,12)
- Non-stick cooking spray

Sauce

- 1 (8 oz) can tomato sauce, combined with any or all of the following seasonings:
- ¼ tsp garlic powder
- ¼ tsp oregano
- ¼ tsp black pepper
- ¼ tsp basil

Topping:

- 1 cup shredded part-skim mozzarella cheese

Steps:

1. In a large mixing bowl, combine 1/2 cup all-purpose and ¾ cup whole wheat flour.
2. Add salt, sugar, and yeast to flour. Mix well to blend.
3. Pour hot water into dry mixture and stir to form a dough. Make sure all flour in bowl is mixed in.
4. Spread about 1/4 cup all-purpose flour on work surface.
5. Place dough on floured surface and knead gently until dough is smooth and elastic. If dough is



Nutrition Facts

Servings Per Recipe 12 (1.5 oz muffin)

Amount Per Serving

Calories 103

26% of total calories from fat

Total Fat 3g

Sodium 93mg

*Vitamin A 1%

*Vitamin C 12%

*Calcium 11%

*Iron 3%

Fiber 1g

* Percentage Daily Values

Directions continued: Fill muffin tins 1/3 – 1/2 full. Recipe will make 12 small muffins. Bake for approximately 12-15 minutes. Tops of muffins should spring back when lightly touched and there should be no areas of uncooked muffin. Cool muffins slightly and remove from tins.

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Issued in furtherance of Cooperative Extension work, Act of May 8 and June 30, 1914, The University College of Agriculture and Environmental Sciences and the U.S. Department of Agriculture cooperating. J. Scott Angle, Dean and Director

April 2006

Publication Number FDNS-NE-760

too sticky, add more flour, about 1/4 cup at a time. Kneading usually takes about 5 minutes.

6. Spray medium-sized bowl with a light coat of cooking spray.
7. Place dough in bowl and turn it over once to coat the surface of the dough.
8. Cover bowl with a clean dish towel and allow to rise at room temperature until the dough doubles in size, about 10-15 minutes.
9. Preheat oven to 400 degrees F.
10. While dough is rising, clean off work surface.
11. When dough has doubled in size, punch the dough in the center with your fist to release air bubbles.
12. Spread about 1/4 cup flour onto clean work surface.
13. Using rolling pin to roll dough into a 12" circle if using a round pizza pan (or a rectangle if using a baking sheet).
14. Spray pizza pan with non-stick spray. Place dough on pizza pan.
15. Spread sauce evenly over dough, leaving 1/2 inch around edge.
16. Top with 1 cup shredded mozzarella cheese.
17. Bake at 400 degrees F for 20 minutes or until crust is golden brown. Slice and serve hot.

Nutrition Facts

Servings Per Recipe 8 (slices)

15% of total calories from fat

Fiber 3g

*Calcium 15%

Amount Per Serving (1 slice)

Total Fat 3g

*Vitamin A 6%

*Iron 9%

Calories 160

Sodium 397mg

*Vitamin C 4%

* Percentage Daily Values

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