

Orange Marmalade Muffins

Makes 1 dozen

3/4 cup fresh squeezed orange juice
1/2 cup fruit-sweetened orange marmalade
1/3 cup canola oil
1/4 cup pure maple syrup
Grated zest of 1 orange
2 cups whole wheat pastry flour
1 tsp. non-aluminum baking powder
1 tsp. baking soda
1/2 tsp. fine sea salt

Preheat oven to 350. Lightly oil a 12-cup muffin pan with canola oil and a dusting of flour or use muffin cups.

Put orange juice, marmalade, oil, syrup, and zest into small bowl and stir together.

Whisk flour, baking powder, baking soda and salt in large bowl until combined. Add orange juice mixture and combine, using as FEW strokes as possible so you do not overmix the batter.

Spoon the batter into prepared muffin pan, filling each cup about 1/2 full. Bake until a toothpick inserted into the center of a muffin comes out clean, about 20-25 minutes.

Let cool for 5 minutes before removing from pan. After cooling, these can be wrapped tightly and frozen. Reheat as needed.