

Orange and Cardamon Muffins

INGREDIENTS

- 2 cups all purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 3/4 cup granulated sugar
- 2 eggs
- 1/2 cup vegetable oil
- 1/2 cup milk
- 1/4 cup orange juice
- 1 large orange, zested
- 1 teaspoon ground cardamom
- 3 tablespoons sparkling sugar

DIRECTIONS

1. Preheat oven to 350-degrees and prepare a muffin tin with butter or muffin liners.
2. In a large bowl, whisk together flour, baking powder, baking soda, and salt.
3. In another bowl, whisk together sugar, eggs, vegetable oil, milk, orange juice, orange zest, and cardamon. Fold this mixture into the flour mixture, mixing until batter is moistened throughout.
4. Pour the batter into prepared muffin tins and top each one with a sprinkling of sparkling sugar.
5. Bake for 20-22 minutes until muffins rise and are golden brown around the edges. Test muffins with a toothpick to ensure they're cooked through.

Recipe provided by Dana Mealing, RDN, LN, Tevis Center for Wellness. Recipe source: Moran, Sue. "Orange and Cardamom Muffin Recipe." The View From Great Island, 3 Aug. 2022, theviewfromgreatisland.com/orange-and-cardamom-muffin-recipe.

