

## **Cranberry Buckwheat Muffins- from Cooking with Chef Brad - Those Wonderful Grains**

- 1 1/3 cup dried cranberries
- 3/4 cup sugar
- 3 Tbsp. fresh orange juice
- 1 1/4 cup high-gluten bread flour (I like to mill my own hard wheat flour fresh )
- 1 cup buckwheat flour (also milled fresh)
- 1 1/2 Tbsp. baking powder
- 1/2 tsp. baking soda
- 1 tsp. salt
- 2 eggs
- 8 Tbsp. unsalted butter, melted
- 1/2 cup buttermilk



**Combine cranberries with 1/2 cup of sugar and orange juice in a medium sized bowl. Let stand for 30 min. Preheat oven to 375 degrees F. Grease or spray a 12 cup muffin tin with Vegelene. In the Bosch Universal or Compact machine with the batter or cookie whips, beat the eggs and melted butter until smooth. Stir in cranberries with all their liquid. Add the flours and the remaining 1/4 cup of sugar, baking powder and soda and salt. Sir in enough buttermilk to make a soft batter. Do not overbeat! Fill the muffin cups about 3/4 full and bake until firm and golden brown, about 15 min. Cool tin on a rack for 10 min. before turning out the muffins. Makes1 doz.**

**HEALTHYKITCHENS.COM**