

## **Cranberry Orange Cornbread Muffins**

Makes 12 muffins

### **Ingredients:**

1/4 cup applesauce

1 cup soymilk

1 teaspoon vanilla

1 1/2 teaspoons cinnamon

zest of 1 orange, optional

1 **Wellness Forum Health Corn Bread Mix**

1 10-ounce bag fresh cranberries, coarsely chopped (this is easy if you use a food processor with a fitted blade and pulse chop the berries)

### **Instructions:**

- Preheat oven to 350 degrees.
- Combine applesauce, soymilk, vanilla, cinnamon and orange zest in a large bowl and whisk until well blended.
- Add the cranberries and Wellness Forum Health Cornbread mix and gently fold them into the soy milk mixture.
- Place batter in sprayed and floured muffin cups.
- Bake for 22-25 minutes, until a toothpick inserted in the center comes out clean.