

## **FROM CAN TO PAN – RECIPES EPISODE 8**

### **RECIPE 1: CRANBERRY AND APPLE MUFFINS**

#### **Ingredients:**

- 1 1/2 cup whole berry cranberry sauce
- 2 1/2 teaspoon grated orange peel/zest
- 3 1 1/2 cups all-purpose flour
- 4 1/2 cup sugar
- 5 1 teaspoon ground cinnamon
- 6 1/2 teaspoon baking soda
- 7 1/4 teaspoon baking powder
- 8 1/4 teaspoon salt
- 9 1 egg
- 10 1/3 cup milk
- 11 1/3 cup vegetable oil
- 12 1 cup pie apple slices from a tin, chopped finely.
- 13 1/2 cup icing sugar
- 14 1 tablespoon orange juice

#### **Method:**

1. In a small bowl, combine cranberry sauce and orange peel - set aside.
2. In a large bowl, combine the flour, sugar, cinnamon, baking soda, baking powder and salt.
3. Beat the egg, milk and oil; stir into dry ingredients just until moistened. Fold in chopped pie apple slices.
4. Fill greased or paper-lined muffin cups half full.
5. Make a well in the centre of each muffin; fill with about 2 teaspoons of the cranberry and orange zest mixture.
6. Bake at 180°C for 18-20 minutes or until a toothpick inserted in muffin comes out clean.
7. Cool for 5 minutes before removing from pan to a wire rack.
8. Combine icing sugar and orange juice; drizzle over cooled muffins.



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## **FROM CAN TO PAN – RECIPES EPISODE 8**

### **RECIPE 1: FRUITY BREAKFAST SUNDAE**

#### **Ingredients:**

1 x tin fruit cocktail  
Low fat, sugar-free yoghurt  
1/2 cup mixed nuts  
Honey for drizzling

#### **Method:**

1. In a tall sundae glass, layer the ingredients alternating between layers of yogurt, fruit cocktail, nuts and honey.
2. Make sure you finish off with a layer of yogurt sprinkled with nuts and drizzled with honey



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