



## Ingredients

- $\frac{2}{3}$  cup (160 mL) plain whole fat yogurt
- 1 tbsp (15 mL) organic orange rind grated
- $\frac{1}{4}$  cup (60 mL) avocado oil
- $\frac{1}{2}$  cup (60 mL) honey
- 1 egg, well-beaten
- 1 cup (250 mL) chopped (fresh or unsweetened frozen) cranberries
- $\frac{1}{2}$  cup (125 mL) Omega Hi-Lignan Flax or Udo's Choice Wholesome Fast Food Blend
- $\frac{3}{4}$  cup (180 mL) whole wheat flour
- $\frac{1}{2}$  cup (125 mL) wheat germ
- 1 tsp (5 mL) baking soda

## Instructions

1. Preheat oven to 350°F (180°C).
2. In a medium bowl combine yogurt, orange rind, oil, honey, egg, and cranberries.
3. In a large bowl combine the remaining ingredients.
4. Quickly mix wet ingredients into the dry, stirring lightly.
5. Grease muffin tray or use paper muffin liners.
6. Fill muffin trays and bake for 20 minutes.

Makes 12 muffins.