

Orange-Cranberry "Red-Eye" Muffin

By Anne Banas, [SmarterTravel](#)



Why It's Great for Travel: Many experts advise that after a red-eye flight you should fight the urge to nap, and instead try to get on with your day. To keep you going, I've designed an energy-packed muffin loaded with nutrients and flavor. Ingredients include orange juice for vitamin C, antioxidant-rich cranberries, protein- and magnesium-filled pumpkin seeds, and whole-wheat flour and bran for energy-boosting carbs. Plus, these muffins are practically guilt-free since they are low in sugar and fat.

Yield: 12 muffins

2 teaspoons orange zest (from about 2 large oranges)
1 cup freshly squeezed orange juice (from same oranges)
½ cup wheat bran
1 cup all-purpose flour
½ cup whole-wheat flour
1½ teaspoon baking soda
1 teaspoon baking powder
½ teaspoon salt
⅓ cup light-brown sugar, plus extra for muffin tops
¼ cup apple sauce
¼ cup canola oil
1 teaspoon vanilla
1 cup fresh or frozen cranberries, roughly chopped*
¼ cup pumpkin seeds, shelled

*If using dried cranberries, be sure to hydrate them with hot water (then drain) before using.

1. Preheat oven to 400°F.
2. Prepare a muffin pan with paper liners.
3. Zest both oranges, then squeeze out juice. Reserve 1 cup of juice and 2 teaspoons of zest and set aside.
4. In a large bowl, mix wheat bran, all-purpose flour, whole-wheat flour, baking soda, baking powder, salt, and brown sugar.
5. In a separate bowl, whisk reserved orange juice, apple sauce, canola oil, and vanilla.

6. Gently mix wet ingredients into dry, then fold in orange zest, cranberries, and pumpkin seeds. Do not overmix.
7. Using a ¼-cup scoop or measuring cup, portion out batter into muffin pan. Sprinkle a little brown sugar on top of each muffin.
8. Bake in oven for 20 minutes, rotating pan after 10 minutes. Muffins are done when a toothpick inserted in the center comes out clean.

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