Cranberry Yogurt Muffins

Yield: Approximately 1 dozen

Ingredients

1 ½ c flour
¾ c sugar
2 tsp baking powder
1 tsp baking soda
1/8 tsp salt
2/3 c nonfat plain yogurt
2/3 c milk (we use 2%)
1 c chopped cranberries
½ teaspoon grated orange peel
1 c chopped walnuts or pecans

Directions

1. Combine flour, sugar, baking powder, baking soda, & salt.
2. Gently fold in yogurt & milk until just moistened.
4. Fill greased or paper-lined muffin cups 3/4 full.
5. Bake at 400˚ for 20 25 minutes, or until muffins test done.