Cran-Orange Muffins

- ¼ cup light brown sugar, packed
- ½ cup whole wheat flour
- ½ cup all purpose flour
- 1¼ teaspoons baking powder
- ½ teaspoon cinnamon
- ¼ teaspoon salt
- ¾ cup orange juice (any type except canned)
- 1 egg
- 2 tablespoons vegetable oil
- ½ cup cranberries, dried and sweetened
- Non-stick cooking spray or paper muffin liners (12)

Directions:
Preheat oven to 350 degrees. Lightly spray muffin tins with non-stick spray or put paper liners in muffin tins. Place first six ingredients (dry ingredients) in medium sized mixing bowl and stir. Make a “well” in the center of dry mixture. Add wet ingredients to the well: orange juice, egg and oil. Stir just until dry ingredients are moistened. Do not overmix. Break up clumps of cranberries and add to batter. Stir to distribute cranberries.

Georgia 4-H Quick Pizza

**Dough**
- ½ cup all-purpose flour
- 3/4 cup whole wheat flour
- 1/2 tsp salt
- 2 tsp sugar
- 1 envelope quick-rising yeast
- 2/3 cup hot water (125-130°F)
- 1 cup all-purpose flour (for steps 4,5,12)
- Non-stick cooking spray

**Sauce**
- 1 (8 oz) can tomato sauce, combined with any or all of the following seasonings:
- 1/4 tsp garlic powder
- 1/4 tsp oregano
- 1/4 tsp black pepper
- 1/4 tsp basil

**Topping:**
- 1 cup shredded part-skim mozzarella cheese

**Steps:**
1. In a large mixing bowl, combine 1/2 cup all-purpose and 3/4 cup whole wheat flour.
2. Add salt, sugar, and yeast to flour. Mix well to blend.
3. Pour hot water into dry mixture and stir to form a dough. Make sure all flour in bowl is mixed in.
4. Spread about 1/4 cup all-purpose flour on work surface.
5. Place dough on floured surface and knead gently until dough is smooth and elastic. If dough is
### Nutrition Facts

Servings Per Recipe 12 (1.5 oz muffin)

**Amount Per Serving**

<table>
<thead>
<tr>
<th>Calories</th>
<th>103</th>
<th>* of total calories from fat 26%</th>
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<tbody>
<tr>
<td>Total Fat</td>
<td>3g</td>
<td>Sodium 93mg</td>
</tr>
<tr>
<td>*Vitamin A</td>
<td>1%</td>
<td>*Vitamin C 12%</td>
</tr>
<tr>
<td>*Calcium</td>
<td>11%</td>
<td>*Iron 3% Fiber 1g</td>
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</tbody>
</table>

Directions continued: Fill muffin tins 1/3 – 1/2 full. Recipe will make 12 small muffins. Bake for approximately 12-15 minutes. Tops of muffins should spring back when lightly touched and there should be no areas of uncooked muffin. Cool muffins slightly and remove from tins.

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**Nutrition Facts**

Servings Per Recipe 8 (slices)

**Amount Per Serving (1 slice)**

<table>
<thead>
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<th>160</th>
<th>* of total calories from fat 15%</th>
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</thead>
<tbody>
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<td>Sodium 397mg</td>
</tr>
<tr>
<td>*Vitamin A</td>
<td>6%</td>
<td>*Vitamin C 4%</td>
</tr>
<tr>
<td>*Calcium</td>
<td>15%</td>
<td>*Iron 9%</td>
</tr>
</tbody>
</table>

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too sticky, add more flour, about 1/4 cup at a time. Kneading usually takes about 5 minutes.

7. Place dough in bowl and turn it over once to coat the surface of the dough.
8. Cover bowl with a clean dish towel and allow to rise at room temperature until the dough doubles in size, about 10-15 minutes.
9. Preheat oven to 400 degrees F.
10. While dough is rising, clean off work surface.
11. When dough has doubled in size, punch the dough in the center with your fist to release air bubbles.
12. Spread about 1/4 cup flour onto clean work surface.
13. Using rolling pin to roll dough into a 12” circle if using a round pizza pan (or a rectangle if using a baking sheet).
14. Spray pizza pan with non-stick spray. Place dough on pizza pan.
15. Spread sauce evenly over dough, leaving 1/2 inch around edge.
16. Top with 1 cup shredded mozzarella cheese.
17. Bake at 400 degrees F for 20 minutes or until crust is golden brown. Slice and serve hot.