

Mini Sweet PEPPERS & ORANGE CRANBERRY MUFFINS

Bake some Mini Sweet Pepper Muffins for your next party and watch them fly off the plate! Whoever said desserts can't be healthy never tried these sweet treats.



Nutrition Facts

Serving Size (87g)	
Servings Per Container	
Amount Per Serving	
Calories 270	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 300mg	13%
Total Carbohydrate 39g	13%
Dietary Fiber 1g	4%
Sugars 21g	
Protein 4g	
Vitamin A 15%	Vitamin C 4%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Prep time: 15 Minutes
Cook time: 20 Minutes
Serves: 24 Muffins

INGREDIENTS:

- 1 ½ cups NatureFresh™ Mini Sweet Peppers, pureed
- 1 cup NatureFresh™ Mini Sweet Peppers, finely diced
- 1 orange, zested
- 1 cup dried cranberries
- 1 ½ cups milk
- 3 eggs
- 1 cup vegetable or canola oil
- 1 tbsp. pure vanilla extract
- 4 ½ cups all purpose flour
- 1 cup white sugar
- 1 cup brown sugar
- 2 tbsp. baking powder
- 1 tbsp. nutmeg
- 1 ½ tsp. table salt

DIRECTIONS:

- Wash all produce before you start baking.
- Slice Mini Sweet Peppers and remove seeds. Using a blender or food processor, puree 1 ½ cups of Peppers and set aside. Finely dice the remaining Peppers.
- In a large mixing bowl, whisk together flour, white sugar, brown sugar, baking powder, salt, and nutmeg.
- Crack your eggs into a separate measuring cup. Add milk, oil, and vanilla extract into egg mixture. Add the liquid ingredients, including the Pepper puree, to dry ingredients in mixing bowl.
- Using a wooden spoon, gently mix the ingredients together. Add in the dried cranberries, orange zest, and half the diced Peppers, taking care not to overmix.



NatureFresh
Farms

naturefresh.ca