THE J.M. SMUCKER Co

Whole Wheat Orange Date Muffins

Prep Time	Cook Time	Serves	Difficulty
15 mins	15 mins	12	N/A

Ingredients

- 1 medium orange
- 1/2 cup (125 mL) chopped dates
- 3/4 cup (175 mL) orange juice
- 1/2 cup (125 mL) butter
- 1 egg
- 1 1/2 cups (375 mL) **Robin Hood®** All Purpose Whole Wheat Flour

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- 3/4 cup (175 mL) granulated sugar
- 1 tsp (5 mL) baking soda
- 1 tsp (5 mL) baking powder
- 1/2 tsp (2 mL) salt
- 1/2 tsp (2 mL) cinnamon
- 1/2 cup (125 mL) chopped nuts (optional)

Directions

Step 1:

Preheat oven 400°F (200°C).

Step 2:

Cut whole orange, unpeeled, into 8 pieces. Line 12 muffin cups with paper liners.

Step 3:

Place orange pieces and dates into food processor with steel blade or blender. Process until finely chopped.

Step 4:

Add orange juice and process 45 seconds.

Step 5:

Add butter and egg; process until smooth.

Step 6:

Combine remaining ingredients in large mixing bowl. Mix well.

Step 7:

Add orange mixture and stir just until all ingredients are moistened.

Step 8:

Fill prepared muffin cups 3/4 full.

Step 9:

Bake in preheated oven for 15 to 20 minutes, or until top springs back when lightly touched.

Images

