

Ginger Orange Muffins

Ingredients

Makes 12 muffins

2 cups of **Gingerbread Mix**



1 cup **bran cereal**



1 **egg**, slightly beaten



½ cup **1% milk**



¼ cup **orange juice concentrate**



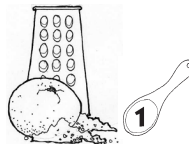
¼ cup **molasses**



¼ cup **vegetable oil**



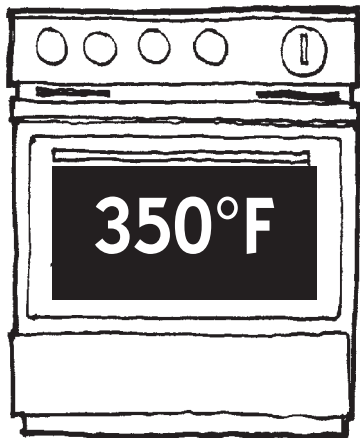
1 teaspoon **grated orange peel**



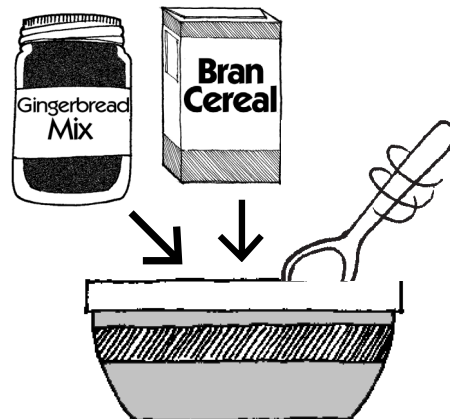
¼ cup **raisins, optional**



1 Preheat oven to 350°F.

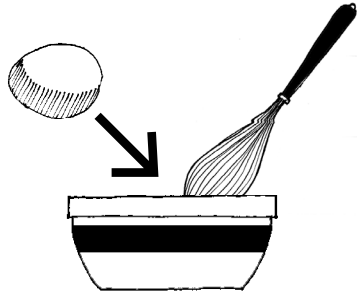


2 Combine the Gingerbread Mix and bran cereal in a bowl.

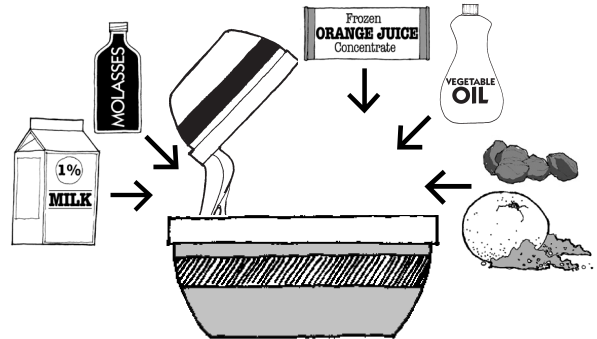


Ginger Orange Muffins

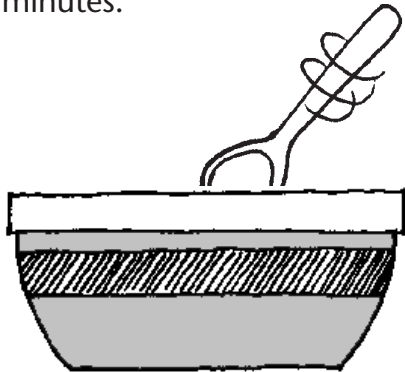
3 Beat the egg slightly in another bowl.



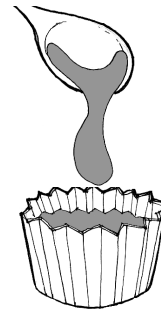
4 Add the egg and other ingredients to the gingerbread and cereal mixture.



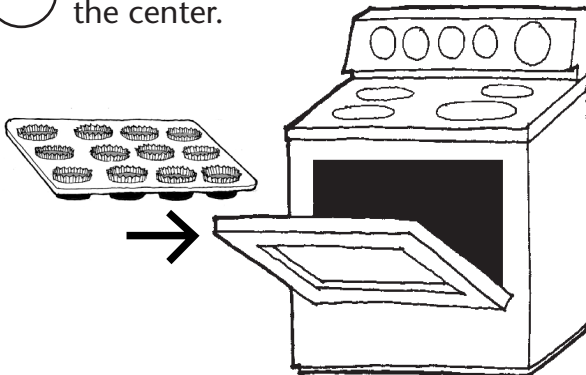
5 Stir only until combined. Let stand for 15 minutes.



6 Fill 12 muffin cups (well-greased pans or paper liners) $\frac{2}{3}$ full.



Bake 15–20 minutes or until done in the center.



Ginger Orange Muffins give us:

B
VITAMINS Turn food into energy.

IRON Builds red blood cells.

Molletes de Jengibre y Naranja

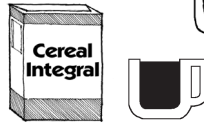
Ingredientes

Para 12 molletes

2 tazas de Mezcla para Masa de Jengibre



1 taza de cereal integral (bran)



1 huevo, batido un poco



½ taza de leche de 1%



¼ taza de jugo de naranja congelado



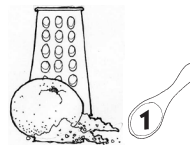
¼ taza de melaza



¼ taza de aceite vegetal



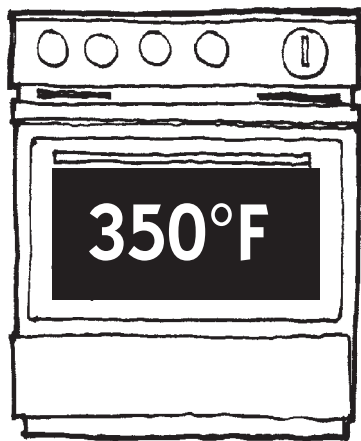
1 cucharadita de cáscara de naranja, rallada



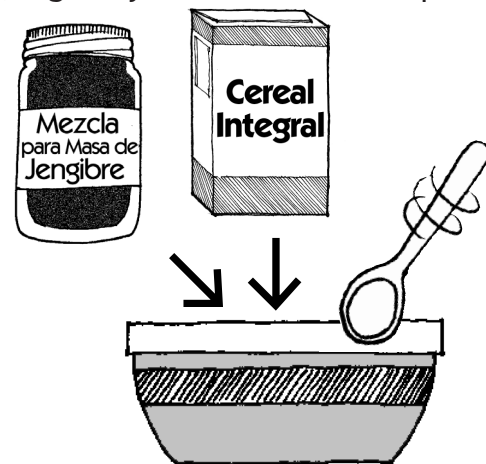
¼ taza de uvas pasas (opcional)



1 Caliente el horno a 350°F.

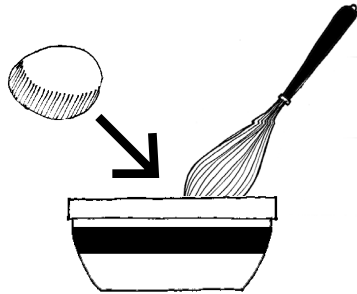


2 Combine la Mezcla para Masa de Jengibre y el cereal en un recipiente.

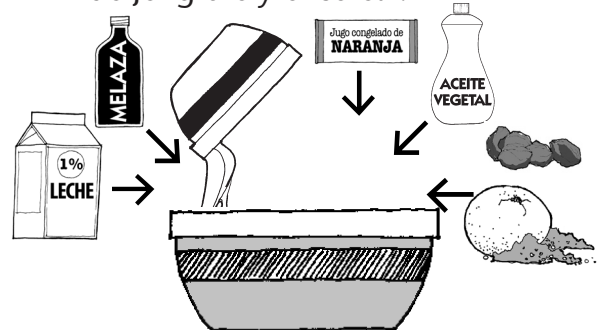


Molletes de Jengibre y Naranja

3 Bata el huevo un poco en otro recipiente.



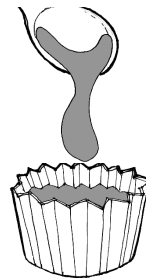
4 Añada el huevo batido y los otros ingredientes a la Mezcla para Masa de Jengibre y el cereal.



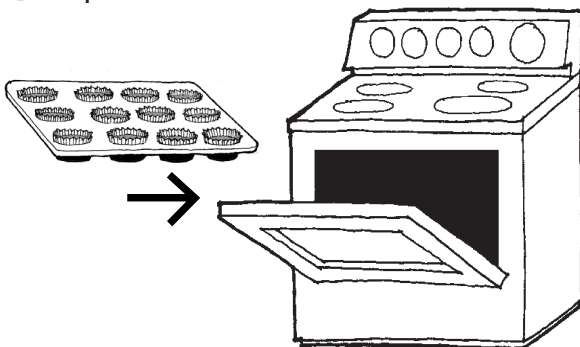
5 Mezcle esto un poco, hasta que esté mezclado pero no demasiado. Deje reposar 15 minutos.



6 Vierta la mezcla en un molde para molletes hasta $\frac{2}{3}$ de su capacidad. (Engrase un molde para molletes o use tazas de papel.)



7 Hornée por 15–20 minutos o hasta que el centro esté cocido.



Los Molletes de Jengibre y Naranja nos dan:

VITAMINAS B Convierten los alimentos en energía.

HIERRO Produce los glóbulos rojos.