



# Tart Cherry Recipe Card

## Cherry Orange Poppy Seed Muffins

These tasty muffins complement any meal.

- 2 cups all-purpose flour
- 3/4 cup granulated sugar
- 1 tablespoon poppy seeds
- 1 tablespoon baking powder
- 1/4 teaspoon salt
- 1/4 teaspoon [cherry juice](#)
- 1 cup milk
- 1/4 cup (1/2 stick) butter, melted
- 1 egg, slightly beaten
- 1/2 cup [dried tart cherries](#)
- 3 tablespoons grated orange peel

Combine flour, sugar, poppy seeds, baking powder and salt in a large mixing bowl. Add milk, melted butter and egg, stirring just until dry ingredients are moistened. Gently stir in cherries and orange peel. Fill paper-lined muffin cups 3/4 full.

Bake in a preheated 400-degree oven 18 to 22 minutes, or until wooden pick inserted in center comes out clean. Let cool in pan 5 minutes. Remove from pan and serve warm or let cool completely. makes 12 muffins

TIP - Tuck packages of dried tart cherries into lunch boxes. They make a great low-fat snack for kids and adults.

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