

BRYANNA'S LOW-FAT AQUAFABA MANDARIN ORANGE-PECAN-CRANBERRY MUFFINS (OR MINI TEA BREAD)

Makes 18 muffins OR 12 muffins plus 2 mini tea breads

DRY MIX:

2 cups whole wheat PASTRY flour (*do not substitute regular whole wheat flour or the muffins will be tough*)

1 1/2 cups unbleached white flour

4 teaspoons baking powder

1 teaspoon salt

3/4 teaspoon ground ginger

1/2 teaspoon baking soda

WET MIX:

1 1/4 cups non-dairy milk (I use soy milk)

2 tablespoons lemon juice

1 cup [aquafaba](#) (*liquid from cooking chickpeas, or from canned chickpeas*)

1 cups light unbleached granulated sugar

6 tablespoons smooth unsweetened applesauce

1/4 cup oil

1 tablespoon oat bran

1 teaspoon pure vanilla extract

grated zest of 2 of the mandarin oranges/tangerines from "Additional" below

ADDITIONAL:

3 large mandarin oranges/tangerines (*or 6 small ones*)

1/2 cup unsweetened dried cranberries

1/2 cup lightly-toasted chopped pecans (*or other nuts, if you prefer*)

Preheat the oven to 375°F. Prepare 18 muffin cups. (*OR 12 muffin cups and two mini loaf pans [5.75 x 3 x 2 inches]*). You can use silicone cupcake liners, if you wish. I use my Homemade Cake Release to grease the muffin pans (*and mini loaf pans*) and don't use liners, because I like a bit of a crust on my muffins.

Use a citrus zester to zest two of the mandarin oranges. Set the zest aside. Peel all three of the mandarin oranges and section them. Remove any pits that might be present. Carefully cut the sections into small pieces with a sharp knife. Set aside.

Whisk together the Dry Mix ingredients in a large bowl. Add the mandarin orange pieces, pecans, and cranberries and toss briefly to coat.

In a blender, combine the Wet Mix ingredients until smooth, including the mandarin orange zest.

Pour the Wet Mix into the Dry Mix and stir briefly-- it will still be lumpy. Don't over-stir. Scoop the batter evenly into the muffin cups (*and mini loaf pans, if using*). Bake for about 20 minutes for muffins and 25 minutes for mini loaf-- test for doneness with a cake tester or toothpick. Cool the pans on racks for 10-15 minutes before removing the muffins.

Nutrition Facts

Nutrition (per 1 muffin or 1/6th tea bread): 249 calories, 52 calories from fat, 6g total fat, 0mg cholesterol, 150.8mg sodium, 253.7mg potassium, 46.9g carbohydrates, 3.8g fiber, 13.5g sugar, 3.8g protein