
Orange Honey Surprise Muffins

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

1 orange, cut into thin pieces (rind also)

12 tablespoons honey

1 egg

1/2 cup milk

1/4 cup salad oil

1 1/2 cups flour

1/2 cup sugar

2 teaspoons baking powder

1/2 teaspoon salt

Preheat the oven to 400 degrees.

Grease twelve muffin cups. Place several pieces of orange and one tablespoon of honey in the bottom of each cup.

In a bowl, beat the egg. Stir in the milk and oil.

In a bowl, combine the dry ingredients. Mix well. Add to the milk mixture. Stir the ingredients just until the flour is moistened. The batter will be lumpy.

Fill the muffin cups 2/3 full.

Bake for 20 to 25 minutes or until golden brown.

Serve orange slices up.

(Great for brunch or luncheon.)

Yield: 1 dozen

Breads, Muffins

Per Serving (excluding unknown items): 2540 Calories; 66g Fat (22.5% calories from fat); 32g Protein; 476g Carbohydrate; 9g Dietary Fiber; 229mg Cholesterol; 2186mg Sodium. Exchanges: 9 1/2 Grain(Starch); 1 Lean Meat; 1 Fruit; 1/2 Non-Fat Milk; 12 Fat; 21 Other Carbohydrates.