

# *The Flour Nut*

## Gluten-Free Cranberry Macadamia Muffins

You Will Need...

*The Flour Nut* - Austin's Maple Cinnamon Muffin Mix

2 eggs

½ cup yogurt

½ cup pure maple syrup

½ cup dried cranberries

½ cup macadamia nuts - chopped

### **Baking Instructions**

- Preheat the oven to 325°F. Line a muffin tin with large baking cups.
- In a mixing bowl combine the eggs, yogurt & maple syrup.
- Add the package of muffin mix to the wet ingredients & mix well.
- Fold in the cranberries and macadamia nuts.
- Fill each baking cup with batter.
- Bake for 20 to 25 minutes.
- Yields 12 muffins.
- Enjoy!

*Healthy Never Tasted So Good!*

For more recipes visit us online at [www.flournut.com](http://www.flournut.com)

The Flour Nut, LLC

Claremont, NH

603.542.6819