

Plate Dream

Cranberry Orange Cottage Cheese Muffins

15 min Prep time	**20 min** Cook time	**35 min** Total time
12 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Batter

- [ ] 1 cup cottage cheese
- [ ] 1 cup whole wheat flour
- [ ] ½ cup rolled oats
- [ ] 2 large eggs
- [ ] ¼ cup honey
- [ ] 2 tbsp freshly grated orange zest
- [ ] 2 tbsp orange juice
- [ ] ½ cup dried cranberries
- [ ] ½ tsp baking powder
- [ ] ¼ tsp baking soda
- [ ] ¼ tsp salt
- [ ] 1 tsp vanilla extract

Optional Topping

- [ ] 2 tbsp brown sugar
- [ ] 1 tbsp melted butter
- [ ] 1 tbsp whole wheat flour

Instructions

1. Preheat your oven to 350°F (175°C) and line a muffin tin with paper liners.
2. In a large bowl, whisk together the flour, oats, baking powder, baking soda, and salt; set aside.
3. In another bowl, blend the cottage cheese, eggs, honey, orange zest, orange juice, and vanilla until smooth.
4. Gently fold the dry ingredients into the wet mixture, being careful not to overmix; then stir in the dried cranberries.
5. If you like a crunchy finish, combine the optional topping ingredients and sprinkle over each muffin.
6. Bake for 18-20 minutes, or until a toothpick inserted in the center comes out clean. Let cool in the tin for five minutes before transferring to a rack.

Nutrition per serving

210 kcal Calories	**9 g** Protein	**30 g** Carbs	**6 g** Fat

Tips & notes

- For extra fluff, separate the egg whites, beat to soft peaks, and fold them in at the end.
- If you prefer a sweeter muffin, increase honey to 1/3 cup.
- A pinch of cinnamon can add a warm spice note without overpowering the citrus.