

Plate Dream

Cranberry Orange Muffins – Gluten-Free

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

Ingredients

Main Ingredients

- [ ] 2 cups almond flour
- [ ] 1/2 cup coconut sugar
- [ ] 2 teaspoons baking powder
- [ ] 1/2 teaspoon salt
- [ ] 2 large eggs, room temperature
- [ ] 1/3 cup maple syrup
- [ ] 1/4 cup melted coconut oil
- [ ] Zest of 1 large orange
- [ ] 1/4 cup orange juice
- [ ] 1 tablespoon lemon juice
- [ ] 1 cup dried cranberries

Optional Glaze

- [ ] 2 tablespoons orange juice
- [ ] 1 tablespoon powdered sugar

Instructions

1. Preheat the oven to 350°F (175°C) and line a 12-cup muffin tin with paper liners.
2. In a bowl, whisk together almond flour, coconut sugar, baking powder, and salt; set aside.
3. In another bowl, beat eggs, then stir in maple syrup, melted coconut oil, orange zest, orange juice, and lemon juice until smooth.
4. Fold the wet mixture into the dry ingredients just until combined; gently fold in the cranberries.
5. Spoon batter into liners, about three-quarters full; bake for 18-20 minutes until tops are golden and a toothpick comes out clean.
6. If using the glaze, mix orange juice and powdered sugar, drizzle over warm muffins, and let set.

Nutrition per serving

210 kcal	5 g	18 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- Do not over-mix; the batter should be slightly lumpy.
- For extra zing, add a pinch of cinnamon to the dry mix.
- If the muffins brown too quickly, cover loosely with foil after 12 minutes.