

Plate Dream

Cranberry Orange Muffins - Healthy 96-Calorie Recipe

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

Ingredients

Dry Ingredients

- [ ] 2 cups whole wheat flour
- [ ] 1 tsp baking powder
- [ ] ½ tsp baking soda
- [ ] ¼ tsp salt
- [ ] Zest of 1 large orange

Wet Ingredients

- [ ] ½ cup honey
- [ ] ½ cup unsweetened applesauce
- [ ] 2 large eggs
- [ ] ¼ cup orange juice
- [ ] 1 tbsp lemon juice

Add-ins

- [ ] 1 cup dried cranberries
- [ ] 2 tbsp chopped walnuts (optional)

Instructions

1. Preheat the oven to 375°F (190°C). Line a 12-cup muffin pan with paper liners.
2. In a bowl, whisk together flour, baking powder, baking soda, salt, and orange zest until evenly combined.
3. In another bowl, blend honey, applesauce, eggs, orange juice, and lemon juice until smooth.
4. Pour the wet mixture into the dry, folding gently; then stir in cranberries and walnuts without over-mixing.
5. Spoon batter into liners, filling each about three-quarters full. Bake 18-20 minutes until a toothpick comes out clean.
6. Cool in the pan 5 minutes, then transfer to a wire rack. Serve warm or at room temperature.

Nutrition per serving

96 kcal	3 g	18 g	2 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer extra sweetness, drizzle a light honey glaze while muffins are still warm.
- For a richer flavor, toast the walnuts before adding them.
- A pinch of cinnamon can be added to the dry ingredients for a warm spice note.