

Plate Dream

Cranberry Orange Muffins

Citrus-kissed muffins bursting with cranberry goodness, perfect for any time of day.

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
- [ ] 1/2 cup rolled oats
- [ ] 1 tsp baking powder
- [ ] 1/2 tsp baking soda
- [ ] 1/4 tsp salt
- [ ] 1 tsp ground cinnamon

Wet Ingredients

- [ ] 1/2 cup maple syrup
- [ ] 1/3 cup melted coconut oil
- [ ] 2 large eggs
- [ ] 1/4 cup fresh orange juice
- [ ] Zest of 1 large orange
- [ ] 1 tsp vanilla extract

Add-ins

- [ ] 3/4 cup dried cranberries
- [ ] 1 Tbsp lemon juice

Instructions

1. Preheat the oven to 375°F (190°C) and line a 12-cup muffin tin with paper liners.
2. In a bowl, whisk together flour, oats, baking powder, baking soda, salt, and cinnamon; set aside.
3. In another bowl, combine maple syrup, coconut oil, eggs, orange juice, zest, lemon juice, and vanilla; whisk until smooth.
4. Stir the wet mixture into the dry ingredients just until combined; fold in the cranberries gently.
5. Spoon batter into the liners, filling each about three-quarters full; bake 18-20 minutes until a toothpick comes out with a few crumbs.
6. Allow muffins to cool in the pan for five minutes, then transfer to a wire rack. Optionally drizzle with orange glaze.

Nutrition per serving

210 kcal	5 g	30 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter muffin, increase the maple syrup by 2 tablespoons.
- For extra crunch, sprinkle a light streusel topping before baking.
- These muffins freeze well; reheat in a 350°F oven for 5 minutes for a fresh finish.