

Plate Dream

Cranberry Orange Oatmeal Muffins (Gluten-Free)

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

Ingredients

Main Ingredients

- [ ] 2 cups gluten-free oat flour
- [ ] 1 tsp baking powder
- [ ] ½ tsp baking soda
- [ ] ¼ tsp salt
- [ ] ½ cup pure maple syrup
- [ ] ¼ cup melted coconut oil
- [ ] 2 large eggs, room temperature
- [ ] ¼ cup orange juice
- [ ] Zest of 1 large orange
- [ ] 1 cup fresh cranberries
- [ ] ¼ cup plain Greek yogurt
- [ ] ½ tsp ground cinnamon
- [ ] 1 tbsp lemon juice

Instructions

1. Preheat the oven to 350°F (175°C) and line a 12-cup muffin tin with parchment liners.
2. In a large bowl whisk together oat flour, baking powder, baking soda, salt, and cinnamon; set aside.
3. In another bowl, combine maple syrup, melted coconut oil, eggs, orange juice, lemon juice, and orange zest; beat until smooth.
4. Stir the wet mixture into the dry ingredients just until incorporated; fold in the cranberries and Greek yogurt gently.
5. Spoon batter into the prepared tins, filling each about three-quarters full, then bake for 18-20 minutes until a toothpick comes out clean.
6. Allow muffins to cool in the pan for five minutes, then transfer to a wire rack to finish cooling.

Nutrition per serving

210 kcal	5 g	28 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the batter looks thick, add a splash more orange juice.
- For extra zing, brush tops with a thin layer of orange marmalade while still warm.
- These muffins freeze well; reheat gently in a 300°F oven for 8 minutes.