

Plate Dream

Gluten-Free Cranberry Orange Muffins with Orange Glaze

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

Ingredients

Muffin Batter

- [ ] 2 cups almond flour
- [ ] 1/2 cup coconut sugar
- [ ] 2 tsp baking powder
- [ ] 1/4 tsp salt
- [ ] 3 large eggs, room temperature
- [ ] 1/3 cup melted coconut oil
- [ ] 1/4 cup maple syrup
- [ ] 1/4 cup orange juice
- [ ] 2 tsp orange zest
- [ ] 1 cup dried cranberries

Orange Glaze

- [ ] 1 cup powdered sugar
- [ ] 2 tbsp fresh orange juice
- [ ] 1 tsp lemon juice

Instructions

1. Preheat the oven to 350°F (175°C) and line a 12-cup muffin tin with paper liners.
2. In a large bowl whisk almond flour, coconut sugar, baking powder, and salt together; set aside.
3. In another bowl, beat eggs, then stir in melted coconut oil, maple syrup, orange juice, and orange zest until smooth.
4. Combine wet and dry mixtures, folding gently; fold in cranberries, being careful not to over-mix.
5. Spoon batter into liners, filling each about three-quarters full. Bake 18-20 minutes, until a toothpick comes out clean.
6. While muffins cool, whisk powdered sugar, orange juice, and lemon juice for the glaze; drizzle over warm muffins.

Nutrition per serving

210 kcal	5 g	22 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter muffin, increase maple syrup by one tablespoon.
- For extra citrus zing, add a pinch of orange extract to the glaze.
- These muffins freeze well; reheat gently in a toaster oven.