

Plate Dream

Orange Cardamom Muffins

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

Ingredients

Batter

- [ ] 2 cups all-purpose flour
- [ ] 1 tsp baking powder
- [ ] ½ tsp baking soda
- [ ] ¼ tsp salt
- [ ] 1 tsp ground cardamom
- [ ] ½ cup unsalted butter, softened
- [ ] ½ cup honey
- [ ] 2 large eggs
- [ ] ½ cup buttermilk
- [ ] Zest of 2 large oranges
- [ ] 2 tbsp fresh orange juice

Optional Topping

- [ ] 1 tbsp sugar
- [ ] 1 tsp orange zest

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, baking powder, baking soda, salt, and ground cardamom.
3. In a separate bowl, cream butter and honey until light and fluffy; add eggs one at a time, beating well after each.
4. Stir in orange zest, orange juice, and buttermilk, then gently fold the dry ingredients until just combined.
5. Spoon batter into the liners, fill each about three-quarters full, and sprinkle the optional topping.
6. Bake for 18-20 minutes, or until a toothpick inserted in the center comes out clean. Let cool in the tin for 5 minutes, then transfer to a wire rack.

Nutrition per serving

210 kcal	3 g	30 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter muffin, increase honey by 2 tbsp.
- For a dairy-free version, substitute butter with coconut oil and use almond milk mixed with lemon juice.
- A light drizzle of orange glaze after cooling adds a glossy finish.