

Plate Dream

Vegan Cranberry Orange Muffins

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

Ingredients

Dry Ingredients

- [ ] 2 cups all-purpose flour
- [ ] 1 tsp baking powder
- [ ] ½ tsp baking soda
- [ ] ¼ tsp sea salt
- [ ] ½ cup dried cranberries

Wet Ingredients

- [ ] 1 cup unsweetened almond milk
- [ ] 1/3 cup maple syrup
- [ ] ¼ cup olive oil
- [ ] Zest of 1 large orange
- [ ] 2 tbsp fresh orange juice
- [ ] 1 tbsp lemon juice

Streusel Topping

- [ ] ¼ cup brown sugar
- [ ] ¼ cup oat flour
- [ ] 2 tbsp coconut oil, melted
- [ ] Pinch of cinnamon

Instructions

1. Preheat the oven to 375°F (190°C) and line a 12-cup muffin tin with paper liners.
2. In a small bowl, combine flour, baking powder, baking soda, and sea salt; set aside.
3. In a separate bowl, whisk almond milk, maple syrup, olive oil, orange zest, orange juice, and lemon juice until smooth.
4. Fold the dry ingredients into the wet mixture just until combined; gently stir in the dried cranberries.
5. Divide batter evenly among the muffin cups, filling each about three-quarters full.
6. For the streusel, mix brown sugar, oat flour, melted coconut oil, and cinnamon until crumbly; sprinkle over each muffin.
7. Bake for 18-20 minutes, or until a toothpick inserted in the center comes out clean.
8. Allow muffins to cool in the tin for 5 minutes, then transfer to a wire rack to cool completely.

Nutrition per serving

210 kcal	4 g	32 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a brighter citrus punch, add an extra teaspoon of orange zest to the batter.
- For extra moisture, soak the cranberries in a tablespoon of orange juice while the batter rests.
- A pinch of nutmeg in the streusel adds a warm, subtle spice.