

Treasure Barrel

# Cranberry Orange Oatmeal Muffins – Healthy Gluten-Free

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| **15 min**<br>Prep time | **20 min**<br>Cook time | **35 min**<br>Total time |
| **12**<br>Servings | **Easy**<br>Difficulty | **American**<br>Cuisine |

## Ingredients

### Dry Ingredients

- [ ] 2 cups rolled oats (certified gluten-free)
- [ ] 1 cup almond flour
- [ ] 1 tsp baking powder
- [ ] ½ tsp baking soda
- [ ] ¼ tsp salt
- [ ] ½ cup dried cranberries

### Wet Ingredients

- [ ] ¾ cup almond milk
- [ ] ¼ cup maple syrup
- [ ] 2 large eggs
- [ ] Zest of 1 large orange
- [ ] 2 tbsp fresh lemon juice
- [ ] 2 tbsp melted coconut oil

## 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, combine rolled oats, almond flour, baking powder, baking soda, and salt; stir until evenly mixed.
3. Add the dried cranberries to the dry mixture; toss so they are coated and won’t sink.
4. In another bowl, whisk almond milk, maple syrup, eggs, orange zest, lemon juice, and melted coconut oil until smooth.
5. Pour the wet mixture into the dry ingredients, folding gently until just combined; avoid over-mixing.
6. Spoon batter into the prepared muffin cups, filling each about three-quarters full. Bakery style tip: a light sprinkle of extra orange zest on top adds visual appeal.
7. Bake for 18-22 minutes, or until a toothpick inserted into the center comes out clean and the tops are lightly golden.
8. Allow muffins to cool in the tin for 5 minutes, then transfer to a wire rack. Serve warm, perhaps with a dab of butter.

## Nutrition per serving

| 210 kcal | 5 g | 26 g | 10 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- If the batter seems too thick, add a splash more almond milk.
- For a streusel topping, sprinkle a mixture of oat flour, brown sugar, and melted butter before baking; see streusel topping recipe.
- These muffins freeze well; reheat gently in a toaster oven.