

Helergon Kitchen

Healthy Cranberry Orange Oatmeal Muffins

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

Ingredients

Dry Mix

- [ ] 2 cups oat flour
- [ ] 1 tsp baking powder
- [ ] ½ tsp baking soda
- [ ] ¼ tsp salt
- [ ] 1 tsp ground cinnamon
- [ ] ¼ tsp ground nutmeg

Wet Mix

- [ ] 2 large eggs
- [ ] 1/3 cup maple syrup
- [ ] ¼ cup melted coconut oil
- [ ] Zest of 1 large orange
- [ ] 2 tbsp fresh orange juice
- [ ] 1 tbsp lemon juice

Add-Ins

- [ ] ½ cup dried cranberries
- [ ] ¼ cup chopped walnuts (optional)

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 together oat flour, baking powder, baking soda, salt, cinnamon, and nutmeg.
3. In another bowl beat the eggs, then stir in maple syrup, melted coconut oil, orange zest, orange juice, and lemon juice until smooth.
4. Pour the wet mixture into the dry ingredients and fold gently until just combined; the batter will be slightly lumpy.
5. Fold in the cranberries (and walnuts if using), then divide the batter evenly among the muffin cups.
6. Bake for 18-20 minutes, or until a toothpick inserted in the center comes out clean. Let cool on a rack for five minutes before serving.

Nutrition per serving

210 kcal	6 g	28 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- Do not over-mix the batter; over-mixing creates dense muffins.
- If you prefer a sweeter muffin, increase maple syrup by 1-2 tbsp.
- For extra citrus zing, brush the tops with a little orange juice immediately after baking.