

Helergon Kitchen

Orange Cardamom Muffins – Soft, Citrus-Spiced Treat

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

Ingredients

Muffin Base

- [ ] 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
- [ ] ¾ cup honey
- [ ] 2 large eggs
- [ ] ½ cup buttermilk
- [ ] Zest of 2 oranges
- [ ] 2 tbsp fresh orange juice
- [ ] 1 tsp vanilla extract

Citrus Glaze

- [ ] ¼ cup powdered sugar
- [ ] 1 tbsp orange juice
- [ ] 1 tsp honey

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; set aside.
3. In a larger bowl, cream the softened butter with honey until light and fluffy; sweet bakes today.
4. Add eggs one at a time, mixing well after each, then stir in vanilla, orange zest, orange juice, and buttermilk.
5. Fold the dry ingredients into the wet mixture just until combined; avoid over-mixing.
6. Divide batter evenly among the liners, filling each about three-quarters full.
7. Bake for 18-20 minutes, or until a toothpick inserted in the center comes out clean and the tops are golden.
8. While the muffins cool, whisk together powdered sugar, orange juice, and honey for the glaze.
9. Drizzle the glaze over the warm muffins; let set before serving.

Nutrition per serving

210 kcal	4 g	30 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter muffin, increase honey by two tablespoons.
- A pinch of sea salt on the glaze adds a pleasant contrast.
- For extra citrus punch, add a teaspoon of orange extract to the batter.