

Choco Fever Dream

Cranberry Orange Oatmeal Muffins – Gluten-Free Breakfast

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

Ingredients

Dry Ingredients

- [ ] 2 cups gluten-free rolled oats
- [ ] 1 cup almond flour
- [ ] 1 tsp baking powder
- [ ] 1/2 tsp baking soda
- [ ] 1/2 tsp ground cinnamon
- [ ] 1/4 tsp ground nutmeg
- [ ] Pinch of salt

Wet Ingredients

- [ ] 1 cup milk (dairy or plant-based)
- [ ] 1/3 cup honey or maple syrup
- [ ] 1 large egg, beaten
- [ ] 2 tbsp melted coconut oil
- [ ] Zest of 1 orange
- [ ] 2 tbsp fresh lemon juice

Add-Ins

- [ ] 1/2 cup dried cranberries
- [ ] Optional: 1/4 cup chopped walnuts

Instructions

1. Preheat the oven to 350°F (175°C). Line a muffin pan with paper liners or grease lightly.
2. In a large bowl, whisk together the oats, almond flour, baking powder, baking soda, cinnamon, nutmeg, and salt.
3. In another bowl, combine milk, honey, egg, melted coconut oil, orange zest, and lemon juice; let sit a few minutes so the zest infuses.
4. Pour the wet mixture into the dry, stirring gently until just combined. Fold in the cranberries (and walnuts, if using).
5. Spoon batter into the prepared tins, filling each about three-quarters full. Bake for 18-20 minutes, or until a toothpick inserted comes out clean.
6. Cool in the pan for 5 minutes, then transfer to a wire rack. Serve warm, perhaps with a drizzle of honey.

Nutrition per serving

210 kcal	5 g	28 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- Do not over-mix; the batter should be slightly lumpy.
- If you prefer a sweeter muffin, add an extra tablespoon of honey.
- For a festive twist, sprinkle a tiny amount of orange zest on top before baking.