

Zucchini Bread Recipes

Cranberry Orange Oatmeal Muffins – Healthy Gluten-Free

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

Ingredients

Dry Mix

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

Wet Mix

- [ ] 1/3 cup melted butter
- [ ] ¼ cup honey
- [ ] 2 large eggs
- [ ] ¼ cup orange juice
- [ ] Zest of 1 large orange
- [ ] ½ cup plain yogurt

Add-Ins

- [ ] 1 cup fresh cranberries
- [ ] 2 tbsp 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 bowl whisk together oat flour, baking powder, baking soda, salt, and cinnamon; set aside.



3. In another bowl combine melted butter, honey, eggs, orange juice, orange zest, and yogurt; mix until smooth.



4. Fold the dry ingredients into the wet mixture just until incorporated – a few lumps are fine.



5. Gently toss in the cranberries (and walnuts if using), then spoon batter into the prepared tins, filling each about three-quarters full.



6. Bake for 18-20 minutes, or until a toothpick inserted in the center comes out clean. Let cool in the pan for 5 minutes before transferring to a wire rack.



Nutrition per serving

220 kcal	5 g	30 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the batter looks too thick, add a splash more orange juice.
- For extra sparkle, drizzle a thin honey glaze while the muffins are still warm.
- Do not over-mix; the crumb stays tender when the batter is just combined.