

Zucchini Bread Recipes

Orange Cardamom Muffins

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

Ingredients

Dry Ingredients

- [ ] 1 3/4 cups whole wheat flour
- [ ] 1 tsp baking powder
- [ ] 1/2 tsp baking soda
- [ ] 1/4 tsp sea salt
- [ ] 1 tsp ground cardamom

Wet Ingredients

- [ ] 1/2 cup honey
- [ ] 1/2 cup Greek yogurt (plain)
- [ ] 2 large egg whites
- [ ] 1/4 cup olive oil
- [ ] Zest of 2 large oranges (about 2 tbsp)
- [ ] 2 tbsp freshly squeezed orange juice

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 flour, baking powder, baking soda, salt, and cardamom; set aside.
3. In another bowl, combine honey, yogurt, egg whites, oil, orange zest, and juice; mix until smooth.
4. Gently fold the wet mixture into the dry ingredients, stirring just until incorporated – a few lumps are fine.
5. Spoon batter into the liners, filling each about three-quarters full; sprinkle a pinch of extra zest on top.
6. Bake for 18-20 minutes, or until a toothpick inserted into the center comes out clean. Cool on a rack before serving.

Nutrition per serving

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

Tips & notes

- If you prefer a sweeter muffin, add an extra tablespoon of honey.
- For extra citrus punch, drizzle a thin glaze of orange juice mixed with powdered sugar after cooling.
- These muffins freeze well; thaw at room temperature and enjoy within a month.