



Long Livo

Cranberry Orange Oatmeal Muffins – Gluten-Free Breakfast

15 min

Prep time

12

Servings

20 min

Cook time

Easy

Difficulty

35 min

Total time

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

Calories

5 g

Protein

28 g

Carbs

9 g

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.