

# Gluten Free (Dairy Free) Orange Cranberry Muffin Recipe

If gluten-free isn't important to you, just substitute the gluten-free flour for regular white flour.

**Cook Time:** 20-25 minutes    **Prep Time:** 10-15 minutes  
**Yield:** 12 Muffin                      **Total Time:** 30-45 minutes



## INGREDIENTS

### WET INGREDIENTS:

2 Eggs  
3/4 to 1 Cup Sugar (adjust depending on desired sweetness)—plus 2 TBSP for topping.  
1/3 Cup Coconut Oil  
1 tsp Pure Vanilla Extract

### MIX-IN INGREDIENTS:

1 Heaping Cup Fresh or Frozen Cranberries  
1 Cup Orange Puree w/Zest from 1 Orange (see instructions below).

### DRY INGREDIENTS:

2 Cups Gluten Free Flour Mix (I use whatever's on sale but be sure it's a 1:1 ration).  
1 1/2 tsp Baking Powder  
1/2 tsp Baking Soda  
1/2 tsp Salt

## INSTRUCTIONS

1. Preheat oven to 375 degrees
2. Line your Muffin Pan w/Paper or Spray w/Non-Stick Spray. (I use parchment paper muffin cups).
3. In a Separate bowl, combine Dry Ingredients and set aside.

## **ORANGE ZEST & PUREE INSTRUCTIONS**

1. Zest the rind of 1 Orange (an orange zester makes this process much easier).
2. Puree you Orange by taking 1-2 Oranges (enough to make 1 Cup of Puree) with the rind removed (and de-seeded if you don't have a Vitamix). Then add the oranges WITH the zest in the Vitamix and blend until smooth.

## **BATTER INSTRUCTIONS**

1. In your Stand Mixer, beat the 2 eggs on Medium speed for 1 minute.
2. Gradually pour in sugar and mix for an additional 1 minute.
3. Gradually pour in Coconut oil and beat for an additional 1 minute—mixture should be light and fluffy at this point.
4. Stop the Mixer and add Vanilla, Cranberries & Orange Puree. Mix lightly until well blended.
5. With the mixer running on low, gradually add in the dry Ingredient Mixture then blend for 30 seconds on Medium speed to ensure all ingredients are well incorporated.
6. Divide the mixture into your prepared muffin pan. Sprinkle w/reserved sugar.
7. Bake at 350 for 20-25 minutes until a toothpick comes out clean.
8. Remove from oven and place on wire rack to cool.
9. Serve warm or store in an airtight container once completely cooled.

**Serving Size:** 1 muffin

**Calories:** 320

Note: I flash freeze the muffins first then put them in a ziplock bag to store them. Easy to take out and warm and they taste just as fresh as the day I made them.

This recipe came from Erika at [www.alittleinsanity.com](http://www.alittleinsanity.com) with a few adjustments from me. She states a particular brand of gluten-free muffins, which I find makes no difference. I also adjusted prep time—original recipe says 5 minutes.