

## Cranberry Orange Muffins Gluten Free

COOK TIME 20 mins Makes 12

### INGREDIENTS

- 1 c fresh or frozen cranberries (do not thaw) or 3/4 c dried cranberries
- 1 Tbsp powdered sugar
- 1 medium sized navel orange
- 2 large eggs
- 1/2 c sugar
- 1/3 c sour cream (vegan options ok)
- 1/3 c oil - avocado, sunflower, canola or other neutral flavored vegetable oil 1/4 tsp salt
- 3/4 c gluten-free flour blend\* (gluten-free rice-free flour option)
- 1 1/4 tsp baking powder

### INSTRUCTIONS

1. Preheat the oven to 350°F and line a muffin tin with paper liners.
2. If using *fresh cranberries*, place them in a bowl and toss with 1Tbsp powdered sugar. Initially the sugar will not stick. Keep tossing or gently stirring until the sugar sticks to the berries. If using *frozen cranberries* add the 1 tablespoon sugar with the other wet ingredients. If using *dried cranberries*, omit the powdered sugar.
3. Use a microplane to zest the orange into a large mixing bowl.
4. Cut the orange in half and juice it into a measuring cup to get 3Tbsps juice (this is 1 Tbsp less than 1/4 cup). Don't worry about being super exact.
5. To the large mixing bowl with the zest-add the eggs, sugar, sour cream, oil, orange juice and salt. Beat with a mixer or wire whisk until smooth.
6. Add the flour and baking powder and mix until smooth.
7. Gently fold in the cranberries with a rubber spatula.
8. Divide the batter evenly among the liners-about 3Tablespoons each.
9. Bake18-20minutes, or until the tops are set and bounce back from a gentle tap.
10. Cool the muffins in the pan for 5minutes, then transfer to a wire rack to cool completely.
11. Serve as is or top with icing. See below for icing options.

### NOTES

\*If you use a gluten-free flour blend that does not contain xanthan gum, guar gum or inulin, add 1/4 tsp xanthan gum to the recipe

This was served at the November 2025 LFGC meeting by Adrienne Juno