

orange-cranberry muffins

prep time: 10 minutes cooking time: 20-25 minutes yield: 12 muffins

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muffins, loaves,
and morning
cakes

These muffins are speckled with crimson cranberries and have a hit of orangey tanginess.

They come together in a flash with only a blender or food processor—no mixing bowls!—which makes cleanup a snap as well. A steam bath increases the rise and keeps the almond flour from browning while baking, resulting in a moist and fluffy muffin.

ingredients

- 2 eggs at room temperature
- ¼ cup orange juice
- 2½ cups blanched almond flour
- ½ cup honey
- ½ cup palm shortening
- 1 tablespoon coconut flour
- 2 teaspoons pure vanilla extract
- 1 teaspoon orange zest
- ¾ teaspoon baking soda
- ½ teaspoon nutmeg
- ¼ teaspoon sea salt
- 1½ cups whole fresh cranberries

method

1. Preheat the oven to 350°F.
2. Place a heatproof dish filled with 2 cups of water on the very bottom rack and position another rack in the center of the oven.
3. Place all the ingredients, except the cranberries, in a high-speed blender or food processor in the order listed and blend for 30 seconds. Scrape down the sides, then blend again until very smooth.
4. Stir in the cranberries by hand.
5. Grease a 12-cup muffin tin or line with paper cups. Spoon the batter into the cups, filling each $\frac{2}{3}$ of the way full.
6. Place the muffins in the oven on the center rack and bake for 20 to 25 minutes, or until a toothpick inserted into the center of a muffin comes out clean.