

# Cranberry Orange Muffins, gluten-free

By Dawn Anderson, adapted from *Carb Manager App Keto Blueberry Muffins*

## Ingredients

3 cups almond flour  
½ cup coconut sugar  
1 ½ tsp baking powder  
¼ tsp salt  
Rind zest from 2 oranges  
1/3 cup extra virgin coconut oil  
3 raw eggs, mixed  
1/2 tsp vanilla extract  
1/3 cup orange juice  
1 cup fresh cranberries, cut in half if large

## Instructions

1. Preheat oven to 350° F. Line a muffin pan with 12 liners.
2. In a large mixing bowl, stir together (or better, sift) the almond flour, sugar, baking powder, and salt.
3. Use the zester to add the orange rind to the mixture.
4. Mix in the semi-solid coconut oil with a pastry blender.
5. Mix the 3 eggs, orange juice, and vanilla in a small bowl.
6. Add the liquid mixture to the dry mixture and lightly combine.
7. Fold in the cranberries.
8. Use a ¼-cup dry measuring cup to divide the batter into the 12-lined muffin pan.
9. Bake for 25 minutes until the tops are golden and the muffins are cooked through.
10. Remove to cooling rack and cool for 10 minutes before eating!

Note: If you have a gluten free diet, please purchase only gluten free products for this recipe.

Also use your creative side to make substitutions like dried cranberries (1/2 cup rather than 1 cup), frozen cranberries (use just like fresh). Alternatively, you can use whole milk or almond milk. However, there are some ingredients where substitutions may give you unhappy consequences. The sugar is one instance. Coconut sugar is not nearly as sweet as white sugar. In good conscience, I cannot suggest sugar subs like the yellow or pink packets. All those chemicals scare me!

Most importantly, have fun. After all, Florida oranges are like a little sunshine in winter!