FLEURISH / DOCTOR'S KITCHEN

Cranberry orange

protein muffins

Tart berries and bright orange zest in a tender, golden muffin.



Makes 12 muffins | **Prep 15 min** | **Bake 20–22 min** | **About 45 min total**

INGREDIENTS

- ☐ 3 large eggs, at room temperature
- ☐ 1/2 cup milk, plus up to 1/4 cup if batter is dry
- ☐ 1/2 cup pure maple syrup
- ☐ 1 tbsp orange zest (from 1 large orange)
- ☐ 1 1/2 cups whole wheat flour or gluten-free blend
- ☐ 1/2 cup vanilla protein powder (about 1 1/2 scoops; 45 to 50 g)
- ☐ 2 tsp baking powder
- ☐ 1/2 tsp ground cinnamon
- ☐ 1 1/2 cups fresh or frozen cranberries, coarsely chopped
- ☐ 1/4 cup neutral oil or melted butter
- ☐ 1/4 tsp salt

LET'S COOK

☐ **1. Get ready**

Heat oven to 350 F. Line or grease a 12-cup muffin tin. Grate only orange zest, not white pith. Chop cranberries; keep frozen berries frozen.

☐ **2. Mix wet & dry**

Whisk eggs, milk, maple syrup, oil or butter and zest in a large bowl. In another bowl, whisk flour, protein powder, baking powder, cinnamon and salt about 30 seconds.

☐ **3. Fold gently**

Fold dry into wet just until no flour remains. Batter should be thick but slowly sink. If dry, add milk 1 tbsp at a time, up to 1/4 cup. Fold in cranberries.

☐ **4. Bake**

Fill cups about three-quarters full (about 1/4 cup batter each). Bake 20 to 22 minutes; check at 18. Tops should spring back and a toothpick come out clean or with dry crumbs. If wet, bake 2 minutes more and recheck.

☐ **5. Cool**

Cool in the tin 5 minutes, then move muffins to a rack. Enjoy warm or at room temperature.

Use oven mitts. Cool fully before sealing; refrigerate up to 4 days or freeze up to 3 months. Thaw on the counter or microwave 20 to 30 seconds.