

BREAKFAST

Cranberry-Orange Muffins

5 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	12	\$0.28	187 kcal



Cranberry-Orange Muffins is a breakfast that serves 12. One portion of this dish contains roughly 4g of protein, 5g of fat, and a total of 187 calories. For 28 cents per serving, this recipe covers 4% of your daily requirements of vitamins and minerals. 1 person were impressed by this recipe.

Ingredients

- ☐ 1½ teaspoons baking powder

☐ ¼ cup butter, softened

☐ 1 large egg

☐ 1/3 cup fat-free buttermilk

☐ 2 teaspoons grated orange rind

☐ ¼ teaspoon salt

☐ 3 tablespoons yellow cornmeal
- ☐ ½ teaspoon baking soda

☐ 2/3 cup dried cranberries, coarsely chopped

☐ 1 large egg white

☐ 1½ cups all-purpose flour

☐ ¼ cup part-skim ricotta cheese

☐ ¾ cup sugar

Method

- 1 Preheat oven to 37
- 2 Lightly spoon flour into dry measuring cups; level with a knife.
- 3 Combine flour and next 4 ingredients (flour through salt), stirring well with a whisk.
- 4 Place sugar and butter in a large bowl; beat with a mixer at medium speed until well blended (about 2 minutes).
- 5 Add rind, and beat to combine.
- 6 Add egg and egg white, 1 at a time, beating well after each addition.
- 7 Combine buttermilk and ricotta, stirring well with a whisk.
- 8 Add flour mixture and buttermilk mixture alternately to sugar mixture, beginning and ending with flour mixture. Fold in cranberries. Spoon batter into 12 muffin cups coated with cooking spray.
- 9 Bake at 375 for 20 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on a wire rack; remove from pan. Cool completely on wire rack.

Nutrition per serving

187	4 g	5 g	33 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2.9 g · 18% of daily needs
Fibre			1.1 g · 4% of daily needs
Sugar			17.8 g · 20% of daily needs
Sodium			201 mg · 9% of daily needs
Cholesterol			27.4 mg · 9% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/cranberry-orange-muffins-148081