

Cranberry Orange Sourdough Muffins

Yield: 12 medium muffins per batch

Double batch: 18 large muffins (tested version)

Ingredients

- 113 g butter, melted
- 110 g sugar (maple sugar or coconut sugar)
- 2 large eggs
- 1 tsp vanilla extract
- ¼ tsp almond extract
- 120 g sourdough starter (active or discard)
- ■ cup whole milk
- ■ cup orange juice
- 6 drops Orange Vitality essential oil
- 1 drop Lemon Vitality essential oil
- 2 cups all-purpose flour
- 1 tsp baking powder
- ½ tsp baking soda
- 1 cup cranberries (fresh or frozen)

Instructions

- Preheat oven to 350°F (175°C). Line or grease a muffin tin.
- Whisk melted butter and sugar together in a large bowl.
- Add eggs, vanilla extract, almond extract, sourdough starter, milk, orange juice, and essential oils. Mix until smooth.
- In a separate bowl, whisk flour, baking powder, and baking soda.
- Gently fold dry ingredients into wet ingredients until just combined.
- Fold in cranberries.
- Divide batter evenly into muffin cups, filling about ¾ full.
- Bake for 35 minutes, until tops are set and a toothpick comes out clean.
- Cool 5–10 minutes, then transfer to a wire rack.

Optional Orange Glaze

- 1 cup powdered sugar
- 2–3 Tbsp orange juice
- ¼ tsp almond extract
- 2–3 drops Orange Vitality essential oil

Whisk glaze ingredients until smooth and drizzle over cooled muffins.

Recipe tested and adapted for sourdough discard with Young Living essential oils.