

Gluten-Free Lemon, Cranberry and Date Muffins



Discover the perfect gluten-free treat with our Lemon Cranberry Date Muffins recipe. Delight in the tangy lemon flavor and sweet bursts of cranberries and dates. Enjoy a gluten-free indulgence!

Preparation 20 min

Cooking 25 min

Servings 12

Nutrition Facts (per serving)

Calories 215

Fat 8

Carbohydrates 30

Fibre 1

Protein 6

Sodium 200

Ingredients

- 500 ml (2 cups) [1-to-1 gluten-free pastry flour](#) (Queen Street Bakery type)
- 20 ml (4 tsp) baking powder
- 5 ml (1 tsp) baking soda
- Pinch of salt
- 3 large eggs
- 80 ml (? cup) sugar

- 180 ml ($\frac{3}{4}$ cup) vanilla Greek yogurt
- Juice and zest of one lemon
- 180 ml ($\frac{3}{4}$ cup) cranberries, fresh or frozen
- 160 ml ($\frac{1}{2}$ cup) dates, chopped
- 45 ml (3 tbsp) poppy seeds

Preparation

1. Preheat the oven to 375°F (190°C).
2. In a bowl, combine flour, baking powder, baking soda and salt.
3. In a second bowl, whisk together wet ingredients until well blended.
4. Gradually whisk the dry ingredients into the wet mixture until smooth.
5. Add cranberries, dates and poppy seeds. Mix until well incorporated.
6. Oil muffin tin or add 12 paper muffin cups. Fill muffin tins $\frac{3}{4}$ full with mixture.
7. Bake for 25 minutes or until golden brown.
8. Let cool before unmolding.

Notes

Can be kept for 4 days in the refrigerator or 1 month in the freezer.



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