

Blood Sugar-Friendly Cranberry Orange Muffins

Protein-rich muffins with tart cranberries and bright orange zest. Greek yogurt and flaxseed create a tender crumb while keeping blood sugar stable.

Prep: 15 min

Cook: 22 min

Total: 37 min

Servings: 16

GL 16.3 / GI 55

Ingredients

High protein content slows glucose absorption fat-free plain Greek yogurt

Provides protein to moderate glycemic response large eggs

Healthy fat helps slow carbohydrate digestion canola oil

High GI ingredient - consider reducing by 25% or substituting half with allulose granulated sugar

High GI ingredient - packed measurement brown sugar

Concentrated natural sugars - use sparingly unsweetened orange juice concentrate, thawed

Adds flavor without sugar impact fresh orange zest

Enhances sweetness perception pure vanilla extract

Moderate GI - consider substituting 1/2 cup with almond flour to lower glycemic load all-purpose flour

Adds fiber and omega-3s to slow glucose absorption flaxseed meal

Leavening agent baking powder

Leavening agent baking soda

Enhances flavor fine sea salt

May help improve insulin sensitivity ground cinnamon

Low GI fruit, high in antioxidants and fiber fresh or frozen cranberries

Instructions

Step 1

Position oven rack to the center and preheat your oven to 350°F (175°C). Prepare a standard 12-cup muffin tin and a 6-cup muffin tin by lightly coating with cooking spray or inserting paper liners into each cavity.

Step 2

In a large mixing bowl, whisk together the Greek yogurt, eggs, canola oil, granulated sugar (or low-GI sweetener substitute), brown sugar (or brown sugar alternative), orange juice concentrate, orange zest, and vanilla extract until the mixture is smooth and well combined, about 1 minute.

Step 3

In a separate medium bowl, whisk together the all-purpose flour, flaxseed meal, baking powder, baking soda, salt, and cinnamon until evenly distributed with no clumps remaining.

Step 4

Add the dry flour mixture to the wet yogurt mixture in three additions, gently folding with a rubber spatula or mixing on low speed just until the flour disappears and no dry streaks remain. Be careful not to overmix, as this can create tough muffins—some small lumps are perfectly fine.

Step 5

Gently fold the cranberries into the batter using a spatula, distributing them evenly throughout without crushing the berries.

Step 6

Using a 1/4-cup measuring cup or ice cream scoop, divide the batter evenly among the 16 prepared muffin cups, filling each about three-quarters full for nicely domed tops.

Step 7

Bake for 20-24 minutes, rotating the pans halfway through, until the muffin tops are golden brown and spring back when lightly pressed, and a toothpick inserted into the center comes out clean or with just a few moist crumbs. Allow muffins to cool in the pan for 5 minutes before transferring to a wire rack. For optimal blood sugar control, pair with a protein source like nuts or cheese when serving.