



ALMOND FLOUR MUFFIN RECIPE

2 Cups Almond Flour

2 Eggs

1 Cup Organic Apple Sauce
(unsweetened or 2 smashed
bananas)

1/4 Cup Maple Syrup
(organic if possible)

1/2 Tsp Baking Soda

1 Tsp Baking Powder

1 Tbsp Apple Cider Vinegar

Dash of Salt

1 Tsp Vanilla Extract

2 Tbsp Coconut Oil (or other Healthy oil) melted in microwave for 15 seconds

1 Cup Blueberries



Pre-heat oven to 350 F. In one bowl combine almond flour, baking soda, baking powder and salt. In another bowl, beat eggs. Then add applesauce, oil, vinegar, vanilla and maple syrup, mix to blend. Add dry ingredients to egg mixture, stirring gently to blend. Add blueberries with a gentle stir.

Add any other ingredients: chopped cranberries, chopped pecans, chocolate pieces, orange or lemon zest at the end, before placing in tins. Spray muffin tin or mini muffin tin with a healthy, non-stick cooking spray or use cupcake papers. Evenly scoop batter into muffin tin. Bake for 25 minutes. Remove from oven and place on cooling rack. You can be creative with this recipe: add lemon zest, chocolate chunks, pecans, etc.