



cara price

BLUEBERRY MUFFINS

INGREDIENTS

dry ingredients

- 1 cup almond flour
- 1/4 cup coconut flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt

wet ingredients

- 1/2 cup maple syrup
- 1/4 cup coconut oil, melted & cooled
- 3 eggs, room temperature*
- 1 teaspoon vanilla
- 3/4 cup fresh blueberries

*allowing eggs to sit out of the refrigerator for about 30 minutes will do the job. this gives baked goods a fluffier end result & will keep the coconut oil from hardening when mixed together.

DIRECTIONS

preheat the oven to 350° and line a muffin pan with paper cups.

in a medium size bowl combine dry ingredients.

in a small bowl whisk together eggs, maple syrup, coconut oil & vanilla. stir wet ingredients into the flour mixture until batter is smooth & then gently fold in blueberries until evenly distributed.

evenly distribute batter into muffin cups. wet your fingertips with cold water & smooth the batter down on top. bake 13-17 minutes, until brown on top & a toothpick inserted into the middle of the muffin comes out clean.

allow to cool about 5 minutes in the pan, then transfer the muffins to a cooling rack.