



cara price

PALEO CORNBREAD MUFFINS

INGREDIENTS

- 2 cups almond flour
- 1/4 cup coconut flour
- 3 eggs, room temperature
- 1 cup coconut milk
- 1/4 cup + 1 tablespoon melted ghee
- 1 tablespoon apple cider vinegar
- 1 tablespoon honey
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1-1/2 teaspoons onion powder
- 1/2 teaspoon salt

DIRECTIONS

preheat oven to 350 & line muffin tin with disposable muffin cups in a small bowl,

combine coconut milk & apple cider vinegar & set aside for 5 minutes.

melt the ghee & set aside to cool for 5 minutes.

place flours, salt, onion powder, baking powder & baking soda in a medium mixing bowl. give it a quick stir & create a well in the center of the flour mixture.

add the eggs, coconut milk, 1/4 cup of melted ghee & honey into the flour mixture.

mix well, then evenly divide batter into 12 muffin cups. lightly brush the top of each cornbread muffin with remaining melted ghee.

bake 11-13 minutes, until toothpick inserted into the middle of a muffin comes out clean.