

# Gluten Free Blueberry Muffins

Preparation time: 10 min

Cooking time: 20 min

Patrice Turlington

## Ingredients:

- 1 cup fresh blueberries
- 3 eggs (substitute 1 egg with  $\frac{1}{4}$  cup unsweet applesauce)
- $\frac{1}{4}$  cup honey
- 1 Tablespoon lemon juice
- 2 cups almond flour
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{8}$  teaspoon sea salt
- 1 teaspoon organic vanilla extract
- 2 Tablespoons Ghee or coconut oil melted (refined)



## Instructions:

Preheat oven to 325 degrees and grease or line muffin tin.

Combine dry ingredients in large bowl. Combine wet ingredients in medium bowl. Stir wet ingredients into dry ingredients. Then fold in blueberries.

Using a large scoop, fill muffin cups  $\frac{3}{4}$  full.

Bake for 20-25 minutes, until golden brown and toothpick inserted in center comes out clean. Cool on



**Tips:** wire rack.  
make sure your eggs are room temperature when mixing with melted coconut oil, otherwise if the eggs are cold, the melted coconut oil will become partially solid

