

Blueberry Coconut Muffins

Yield: 12 muffins

Ingredients

½ cup Coconut Flour

6 Tbsp Virgin Coconut Oil

6 eggs

6 Tbsp honey

½ tsp salt

½ tsp vanilla extract (SCD)

¼ tsp almond extract

1 tsp baking soda

1 cup fresh blueberries

Directions

1. Preheat oven to 400°F and grease a standard 12 cup muffin pan. If desired use paper liners instead of greasing pan directly.
2. Blend together eggs, butter, honey, salt, almond and vanilla extracts.
3. Combine coconut flour with baking powder and thoroughly mix into batter until there are no lumps. I like to use a handblender to ensure everything is fully mixed
4. Fold blueberries into batter. Blueberries should be dry. If rinsed, dry them off before adding to batter. Wet or frozen blueberries will add water weight to the batter making them come out bottom heavy
5. Pour batter into greased muffin tray or muffin cups..
6. Bake for 15-17 minutes.