

RECIPE FROM EAT HAPPY TOO BY ANNA VOCINO



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BLUEBERRY MUFFINS

(Yields 6 muffins)

1/3 cup frozen wild blueberries, thawed
1½ cups almond flour
1/2 teaspoon baking soda
1/2 teaspoon cinnamon
1/2 teaspoon salt
2 eggs
2 tablespoons coconut nectar or honey (optional)
1 teaspoon vanilla
2 tablespoons almond milk
1/2 teaspoon apple cider vinegar
Spray coconut oil to grease the muffin pan

Preheat oven to 350°. Rinse blueberries, let drain in a colander while you prepare the muffin batter.

In a large mixing bowl, whisk together almond flour, baking soda, cinnamon, and salt. Add eggs, coconut nectar, vanilla, almond milk, and apple cider vinegar and gently mix with a fork until a thick batter forms. Gently fold in blueberries. Grease muffin pan with coconut spray and spoon in batter, evenly filling each cup. Bake muffins for 20 minutes, remove from oven and let cool 10-15 minutes then serve.