



Blueberry Muffins

Active Time: 15 minutes | **Total Time:** 45 minutes | **Serves:** 12

Nutrition Information Per Serving

165.3 calories, 10.43 g carbohydrate, 2.73 g fiber, 7.7 g NET carbs, 4.61 g protein, 12.2 g fat

Ingredients

- 12 Tbsp(s) Bob's Red Mill Organic Coconut Flour
- 6 large(s) organic eggs
- 1/2 tsp(s) sea salt
- 4 Tbsp(s) virgin coconut oil, melted
- 1/2 tsp(s) baking soda
- 3 Tbsp(s) raw honey
- 1 cup coconut milk
- 1 tsp organic vanilla extract
- 3/4 cup(s) fresh organic blueberries

Preparation

1. Preheat oven to 350 degrees F. Line a muffin tin with unbleached liners.
2. In a small bowl, combine coconut flour, salt and baking soda.
3. In a large bowl, combine eggs, honey, oil, coconut milk and vanilla and blend well with a hand mixer.
4. Mix dry ingredients into wet, blending thoroughly to combine.
5. Gently fold in blueberries.
6. Pour batter into lined muffin tin, filling almost to the top.
7. Transfer to the preheated oven and bake for 30-35 minutes or until a toothpick inserted into the center comes out clean.
8. Cool and serve.

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