



Ingredients

- 2 eggs (farm fresh, free-range is best)
- 1/3 cup local honey
- 1 tbsp. stevia
- 2 tsp. vanilla
- 1 cup milk (raw, whole is best)
- 1/2 cup coconut oil
- 4 tsp. baking powder
- dash of salt (pink Himalayan)
- 1 cup almond flour
- 2 cups organic all-purpose flour
- dash of cinnamon
- 1 1/4 cup frozen organic blueberries

BLUEBERRY ALMOND FLOUR MUFFINS



12 muffins/
24 mini
muffins



10 min prep +
18min bake

Directions

1. Mix all ingredients well.
2. Pour into silicone muffin pan.
3. Bake at 375 degrees for 18 minutes.
4. Allow to cool, then pop out of muffin pan.
5. Store in air-tight container in refrigerator for up to a week.

