

Almond Flour Blueberry Muffins

Oscar · 28/09/2024



Prep Time

5 mins

Difficulty

Medium

Servings

35 mins

Description

These healthy tender almond flour blueberry muffins are the perfect grabngo breakfast or snack Using frozen blueberries means you can enjoy them yearround

Ingredients

- - 2 cups finely ground almond flour - ½ teaspoon baking soda - ¼ teaspoon salt - ¼ cup coconut oil
- melted and cooled - ¼ cup pure maple syrup - 3 large eggs - 1 tablespoon lemon zest - 1 teaspoon vanilla extract - 1 cup frozen blueberries

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Line a 12-cup muffin tin with paper liners. Whisk almond flour
2. baking soda
3. and salt together in a large bowl. Add coconut oil
4. maple syrup
5. eggs
6. lemon zest
7. and vanilla. Mix until combined. Fold in frozen blueberries and spoon into the prepared muffin cups. Bake in the preheated oven until tops spring back when lightly pressed
8. 18 to 20 minutes. Cool in the tin for 5 minutes. Transfer to a wire rack to cool completely.