

Gluten Free Blueberry Muffins

Ingredients:

2 cups almond flour

3 eggs

¼ cup maple syrup

½ tsp baking soda

Pinch of sea salt

1 tsp vanilla extract (no sugar added)

5 Tablespoons coconut oil, melted

1 cup fresh blueberries



Instructions:

Preheat oven to 350 degrees

In a bowl, combine flour, baking soda and sea salt

In a separate bowl combine eggs, syrup, vanilla and coconut oil

Combine both mixtures together. Once well incorporated add blueberries and mix

Fill a muffin pan with liners. Fill each line with batter

Bake in oven for 15-20 minutes