

Lemon Blueberry Muffins

A bright, healthy start to your morning.



INGREDIENTS:

6 eggs

1/2 cup coconut oil,
melted

1 teaspoon vanilla extract

1/4 cup grade A maple
syrup

1 lemon, juice and zest

1/2 cup coconut flour

1/2 teaspoon sea salt

1/4 teaspoon baking soda

1 cup fresh blueberries

DIRECTIONS:

1. Preheat your oven to 350 degrees.
2. Whisk the eggs, coconut oil, vanilla, maple syrup, lemon juice and zest together in a large mixing bowl.
3. Sift in the coconut flour, sea salt, and baking soda. Stir until well combined.
4. Gently fold in the blueberries.
5. In a muffin tin, scoop 1/4 cup of the batter into each lined muffin cup.
6. Bake for 35-40 minutes, enjoy!



Innovating primary care, leading as a Patient-Centered Medical Home.