

Basic Almond Flour Muffins

This is a basic grain free recipe where you decide what the flavor will be. You can add grated vegetables like carrots or zucchini along with nuts or use pumpkin puree. You can create fruit muffins with cranberries and orange zest or use blueberries. Let your imagination guide you. I have seen some recipes that call for more eggs, but I find 3 to be the right amount.

2 1/2 cups almond flour
1/4 cup melted butter or coconut oil
3 eggs, lightly beaten
1/4 to 1/3 cup honey or maple syrup (depends on how sweet you want them)
1/2 teaspoon baking soda
1/4 teaspoon salt
3/4 to 1 cup of your flavoring (vegetables, fruits, spices, etc.)

Preheat oven to 375.

Line muffin pan with liners or grease well with coconut oil.

Mix almond flour, melted fat, eggs, and sweetener until thoroughly mixed.

Stir in baking soda, salt, and your flavoring items.

Fill muffin cups 3/4 full.

Bake for 20 minutes (16 minutes if using mini tins) or until toothpick inserted in center comes out clean.

Serve warm.

12 regular size muffins or 18 small ones

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