

Lemon Blueberry Muffins (gluten free)

Oven 350 F

makes 12 small muffins

bake 20 - 40 min depending on your oven. In my oven it takes 25 minutes

Wet ingredients:

6 eggs

1/2 cup butter/ghee or coconut oil (liquid)

1/4 cup maple syrup

juice and zest of 1 lemon

1 tbsp vanilla

Dry ingredients:

1/2 cup coconut flour

1/4 tsp baking soda

1/2 tsp sea salt

(I add a little less than 1/4 cup of chia seeds)

Mix dry ingredients into wet. Add 1 cup of fresh blueberries. Stir. Scoop 1/4 cup of batter into each muffin tin.
