



Fruit Muffins (Paleo, GF, DF, SCD, Grain free)

These muffins can be made with coconut oil & alternative nondairy milks. Avoid over mixing as it will cause the muffins to become dense.

Ingredients

Wet ingredients:

Honey ¼ cup (2.5oz.)

Vanilla 1 tsp.

Milk 1 cup (8oz.) (alternative milk coconut, almond)

2 large eggs

Olive oil, ¼ cup (2 oz.)

Fruit of choice ½ - 1 Cup** My favorite blueberries or peaches.

Dry ingredients: Place all ingredients in a medium bowl and mix well.

Coconut Flour 1 Cup (3.3oz.)

Salt Celtic ½ tsp.

Baking soda 1 tsp.

Baking Powder grain free 1 tsp.

Gelatin unflavored, plain 1 tsp.

Variations in flavors

****Fruit combinations:** Apple walnut cinnamon, pear cardamom, blueberry cinnamon, diced peaches nutmeg. Dice larger pieces of fruit like apple and peaches.

Preheat oven 400 F: bake for about 20-25 minutes.

Method: In a medium bowl mix all the dry ingredients together until well blended and set aside. In a small bowl mix & whisk all the wet ingredients together. Add the wet ingredients all at once to the dry ingredients and mix well just until combined. Fold in the blueberries or fruit of choice. Avoid over mixing or the muffins will be tough. Use a scoop and Place the batter into muffins parchment paper cups and bake for about 20- 25 minutes. Keep an eye during the last 10 minutes of baking to prevent over baking and drying muffins. The bottoms of the muffins can get very dark quickly.

Recipe developed by Jeannette Werle ©