

PALEO BLUEBERRY MUFFINS



DIFFICULTY

EASY



TIME

50 MIN



SERVES

**16 SMALL
SQUARES**

INGREDIENTS

1 tsp cooking spray or coconut oil for greasing the 8" x 8" baking pan
4 Large Eggs
1.75 Cups of Applesauce
1 tsp Vanilla Extract
¼ Cup Coconut Oil, melted
¼ Cup Honey or Maple Syrup
½ Cup Nut Butter (Cashew or Almond)
½ Cup Coconut Flour
2 tsp Lemon Zest
1 tsp Baking Powder
1 tsp Baking Soda
½ tsp Sea Salt
1 Cup of Fresh or Frozen Blueberries

DIRECTIONS

1. Preheat the oven to 375 degrees
2. Line a muffin tin with 12 muffin liners
3. In a large bowl, whisk together the egg until uniform in color. Whisk in the applesauce and vanilla
4. In a glass measuring cup, fill with ¼ cup coconut oil (it will most likely be solid) and melt in microwave. Double check that the melted amount is ¼ cup by squatting down to counter level. Remove or add any extra coconut oil
5. Add the ¼ cup honey or maple syrup to the coconut oil. If the honey is very thick, microwave 10 seconds
6. Add the ½ cup nut butter to the coconut oil-honey or maple syrup mixture. The total amount of ingredients should total 1 Cup. Check this at eye level
7. Whisk the coconut oil mixture and the coconut flour, baking soda, baking powder and sea salt into the egg/applesauce mixture. Fold in the blueberries
8. Divide into the muffin cups and place into the oven. Bake for 24-28 minutes

NUTRITION FACTS PER SERVING

Calories: 158 Fat: 9.7g (Saturated Fat: 3.7g) Carbohydrates: 9.8g Fiber: 1.3g Sugar: 6.7g Protein: 3.8g



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