

Happy~Healthy~Blessed

Blueberry Chia Muffins (GF)



Ingredients:

- 1 Cup of Organic Coconut Flour
- ½ tsp Real Salt
- 1 tsp of baking soda
- ½ tsp of baking powder
- ½ Cup + 2 T. of Raw Honey
- 1 C. Coconut milk/ cream
- 6 eggs
- 4 T. Coconut Oil melted
- 4 tsp. vanilla extract
- 4 T. chia seeds
- 1 Cup fresh blueberries

Directions:

Preheat oven to 350 F

Mix together dry ingredients. In a separate bowl whisk together honey, coconut milk, eggs, oil, and vanilla. Gently stir wet and dry ingredients together and mix in chia seeds. Fold in the blueberries and pour batter into greased or lined muffin tins, filling ¾ full. Bake 25 minutes until muffins begin turn golden brown and a toothpick comes out clean. Cool on a rack.

Rejuvenate Refresh Relax