

Mini Honey-Lemon Muffins

Prep Time: 10 minutes

Cook Time: 10-20 minutes

Total Time: 20-30 minutes

Servings: Makes 20 mini muffins or 12 regular size

Serving Size: 1 mini muffin

Ingredients:

6 organic, pastured eggs
½ cup unsweetened coconut milk*
¼ cup honey or agave
1 ½ teaspoons vanilla extract
¼ cup coconut oil, melted & divided
Juice and zest of one lemon
Heaping ½ cup coconut flour
¾ teaspoon baking powder
½ teaspoon salt

Directions:

1. Preheat oven to 375 degrees and use half of melted coconut oil to liberally grease a muffin tray. Alternatively you could line the pan with baking cups and decrease the total oil by 1 tablespoon.
2. Whisk eggs, coconut milk, honey, vanilla, lemon zest and juice and remaining oil in a large bowl until well combined.
3. In a separate bowl combine the coconut flour, baking powder, and salt and mix well.
4. Add the dry ingredients to the wet ingredients, stirring until fully incorporated and smooth.
5. Pour batter into muffin cups, filling about 2/3 of the way full. Bake for 10 minutes or until lightly browned and a toothpick inserted in the center of the muffin comes out clean. Bake for closer to 12-14 if making regular size muffins.

Tips and Tricks:

These are a great morning treat on their own, but for a richer taste you can smear a little organic grass fed butter or ghee on top and drizzle with some additional honey.

*Substitute your favorite type of milk here if you'd like.

Nutritional Information Per Serving:

Calories: 71.9
Fat: 4.3 g
Cholesterol: 51.0 mg
Sodium: 99.3 mg
Total Carbohydrate: 5.8 g
Dietary Fiber: 1.2 g
Sugars: 3.5 g
Protein: 2.2 g