



GLUTEN-FREE BLACK & BLUE BERRY MUFFINS



Of all the muffins in the world my first choice will always be blueberry. I remember as a little girl going to the large wholesale market to purchase the pre-packaged assortment of muffins. The blueberry muffins were always the first to go, leaving the others left to suffocate in their plastic wrap. Now that I'm older I know better, so therefore I do better. Why purchase the pre-packaged, bulk-size assortment of muffins? You and I both know you are after only one flavor. It will be just as easy to whip up a healthier batch all by yourself - no preservatives added. This gluten-free muffin recipe is all you need.

I add blackberries to this recipe, because two types of berries are always better than one, right?!? These muffins rise to the occasion with a crisp, crystalized sugary crust and soft crumb on the inside. Enjoy this homemade gluten free pastry morning, noon, or night.

YIELD:

16 muffins

RECIPE TYPE:

Breakfast, Dessert, Snack

RECIPE CATEGORY:

Cheap Seats, Tiny Pro's Approved

INGREDIENTS:

3 cups of almond flour
2/3 cups of coconut shreds
2 teaspoons baking powder
1/2 teaspoon ground cinnamon
1 pinch salt
2 ripe bananas, mashed
4 eggs
4 tablespoons coconut oil or butter, melted
1/4 cup of coconut greek yogurt
1/4 cup of almond milk
1/4 teaspoon vanilla extract
2/3 cup coconut sugar

1 cup blueberries
1 cup blackberries
turbinado sugar

STEP 1

Preheat oven to 350°F. Line muffin tins with paper cups (or be sure to grease the pan with plenty of oil or butter).

STEP 2

Whisk together the sugar, yogurt, eggs, oil, milk, and vanilla extract in a large bowl.

STEP 3

In a separate bowl, combine the remaining dry ingredients (except the berries) together. Then mix into the wet ingredients until just combined. Do not overmix!

STEP 4

Gently fold the fresh blueberries into the muffin batter. Lastly, sprinkle turbinado sugar on top for the crackly finish later on.

STEP 5

Scoop into muffin pan and bake for 35 minutes, until golden brown on top and until a toothpick inserted comes out clean. Let cool and Enjoy!

STEP 6

You Did It, High Five Friend!

