

Gluten Free Coconut Blue Berry Muffins

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Ingredients

6 eggs
1/2 cup melted coconut oil
1/2 cup real maple syrup
1 tablespoon vanilla extract
1/2 cup coconut flour
1 teaspoon aluminum-free baking powder
1 cup wild blueberries

Directions

Whisk together eggs, melted coconut oil, maple syrup, and vanilla.

Whisk in coconut flour.

Let it sit for 10 minutes (to thicken).

Add in blueberries and baking powder.

Spoon into greased muffin tin.

Bake at 350 for 20-25 minutes.