

WALNUT BLUEBERRY MUFFINS

Ingredients

1/4 cup sifted Organic Coconut Flour
2 tablespoons Organic Virgin Coconut Oil or butter, melted
2 tablespoons coconut cream/milk
3 eggs
3 tablespoons honey

1/4 teaspoon salt
1/4 teaspoon vanilla
1/4 teaspoon baking powder
1/3 cup dried blueberries

1/3 cup walnuts, chopped

Method

Blend together eggs, butter, coconut milk, honey, salt and vanilla. Combine coconut flour with baking powder and whisk into batter until there are no lumps. Fold in raisins and walnuts. Pour batter into greased muffin cups. Bake at 205 Degree C (400F) for 15 minutes. Makes 6 muffins