



Lemon Blueberry Muffins

12 servings

30 minutes

Ingredients

- 2 cups Almond Flour
- 1/2 tsp Baking Soda
- 1/4 tsp Sea Salt
- 1 Lemon (zest and juice)
- 3 Egg
- 1 Banana (medium, mashed)
- 1/4 cup Maple Syrup
- 1 cup Blueberries

Nutrition

Amount per serving	
Calories	158
Fat	11g
Carbs	13g
Fiber	3g
Sugar	7g
Protein	6g
Cholesterol	47mg
Sodium	120mg
Vitamin A	81IU
Vitamin C	4mg
Calcium	55mg
Iron	1mg
Folate	9µg
Magnesium	60mg
Zinc	0mg
Selenium	4µg

Directions

- 1 Preheat the oven to 350F (177°C). Line a muffin tin with liners.
- 2 In a medium sized bowl whisk together the almond flour, baking soda, sea salt and lemon zest.
- 3 In a large bowl, whisk together the lemon juice, eggs, banana and maple syrup. Add the dry ingredients to the wet and stir to combine. Fold in the blueberries.
- 4 Spoon the batter into the muffin liners and bake for 20 to 24 minutes or until cooked through.
- 5 Remove from oven and let cool. Enjoy!

Notes

Serving Size: One serving is equal to one muffin.

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Almond Flour: This recipe was tested using almond flour. Please note that if using another type of flour, results will vary.

Banana: One medium banana is equal to 1/2 cup mashed banana.