



BLUEBERRY ALMOND FLOUR MUFFINS



INGREDIENTS

ITEM	QUANTITY
• Almond Flour	1½ cups
• Eggs	2
• Maple Syrup	2 tbsp
• Blueberries	¼ cup
• Vanilla Extract	1 tsp
• Baking Powder	1 tsp
• Pinch of Salt	

SERVING SIZE 2

🔥 PREPARATION

- 👉 Preheat oven to 350°F and lightly grease a 6-cup muffin tin.
- 👉 In a medium bowl, whisk together the eggs, maple syrup, and vanilla extract.
- 👉 Add the almond flour, baking powder, and salt and stir until combined.
- 👉 Gently fold in the blueberries.
- 👉 Divide the batter evenly among the muffin cups.

- 👉 Bake for 18-22 minutes, or until lightly golden and a toothpick comes out clean.
- 👉 Allow to cool before serving.