



Paleo Blueberry Muffins

Ingredients

1. 2 1/2 cups almond flour
2. 1 Tablespoon coconut flour
3. 1/4 teaspoon salt
4. 1/2 teaspoon baking soda
5. 1 Tablespoon vanilla
6. 1/4 cup coconut oil
7. 1/4 cup maple syrup
8. 1/4 cup coconut milk*
9. 2 eggs
10. 1 cup fresh or frozen blueberries
11. 2-3 Tablespoons cinnamon

Instructions

1. Preheat oven to 350. Line a 12 count muffin tin and lightly oil with coconut oil.
2. In a mixing bowl (KitchenAid) combine almond flour, coconut flour, salt, and baking soda and stir to combine.
3. Pour in coconut oil, eggs, maple syrup, coconut milk, and vanilla; mix well.
4. Fold in blueberries and add cinnamon.
5. Distribute into muffin tin. Sprinkle with additional cinnamon.
6. Bake for 22-25 minutes. Allow to cool and enjoy!