

Blueberry Lemon Muffin

INGREDIENTS:

- 6 eggs, beaten
- $\frac{1}{4}$ cup apple sauce
- $\frac{1}{2}$ cup melted coconut oil
- 1 tsp. vanilla
- $\frac{1}{4}$ cup maple syrup
- $\frac{1}{2}$ cup coconut flour
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{4}$ tsp. baking soda
- 1 tbsp. lemon zest
- $\frac{1}{2}$ cup fresh blueberries



DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Whisk together eggs, apple sauce, coconut oil, vanilla extract, and maple syrup.
3. Add in coconut flour, sea salt, baking soda, and lemon zest and stir until everything is well combined. Gently fold in blueberries.
4. Divide batter into a 12-count muffin tin that is either lined with muffin cups or sprayed with cooking spray. Bake for 35 minutes.

Serving Size: 1

of Servings: 12

Per Muffin: 141 Calories; 8.8g Saturated Fat; 7g Carbs; 1g Fiber; 3.4g Protein

