

Coconut Blueberry Muffins

Susan Alsembach

Hello,

This recipe takes only 10 minutes to make and you then have time to enjoy a nice cup of coffee/tea, while waiting for these little gems to cook.

Not only are they so tasty but these muffins are really fun and healthy treats to have on hand or why not make them on a rainy afternoon. They are great to add to lunch boxes and take on a hike.

They will leave you feeling full and satisfied, ready to go on with your day.

I hope you try them out and let me know what you think!

Enjoy,

Susan

Coconut Blueberry Muffins

7 ingredients · 30 minutes · 6 servings



Directions

1. Heat the oven to 350 Fahrenheit and prepare a 6 cup muffin tin.
2. Place the coconut flour, salt and baking soda in a food processor and blend for 30 seconds. Then add the coconut oil, coconut sugar and eggs and blend for a further 30 seconds until well mixed. With a large spoon add the blueberries into the batter.
3. Scoop the batter into the muffin tin and bake for 20 minutes. Once lightly golden on top, remove from the oven and allow to cool.

Ingredients

- 1/4 cup Coconut Flour
- 1/4 tsp Sea Salt
- 1/4 tsp Baking Soda
- 1/4 cup Coconut Oil
- 1/4 cup Coconut Sugar
- 1 cup Blueberries
- 3 Egg