



Blueberry Muffins

INGREDIENTS

- ☑ 1.5 cups of mashed banana (about 3 medium ripe bananas)
- ☑ 1/3 cup liquid coconut oil (I melt and cool solid coconut oil)
- ☑ 1/4 cup almond milk
- ☑ 1 egg
- ☑ 1/4 cup unsweetened applesauce
- ☑ 1/2 teaspoon vanilla extract
- ☑ **Dry ingredients:**
- ☑ 1 cup almond flour
- ☑ 1 cup brown rice flour
- ☑ 1/2 cup coconut sugar or powdered maple sugar
- ☑ 4 teaspoons baking powder
- ☑ 1/2 teaspoon cinnamon
- ☑ 3/4 cup blueberries (fresh or frozen)
- ☑ *****Topping Ingredients (optional):**
- ☑ 2 Tbsp almond flour
- ☑ 5 Tbsp coconut sugar
- ☑ 1/2 tsp cinnamon
- ☑ 2 Tbsp coconut oil or butter

PREPARATION

- 1** Preheat oven to 400 degrees. Use a nonstick spray to coat muffin tray or add liners.
- 2** Place wet ingredients in a medium mixing bowl and mix with electric mixer or by hand with a spoon/spatula.
- 3** Once mixed well, add dry ingredients to wet ingredients and continue to mix with spatula (Do not overmix-the batter can get lumpy and thick!)

***Topping (optional): Mix dry topping ingredients in a small bowl. Cut in coconut oil or butter with a fork to make crumbles. Sprinkle over muffin tops.

4 Bake in oven for 5 minutes on 400 degrees then reduce to 375 degrees for 20 minutes or until fully baked. (Stick a toothpick in and if it comes out clean, they are done.)

5 Keep in fridge for about 7 days in Tupperware container or freeze for longer.

ENJOY!

Happy Sunday! It's another chilly week here on the East coast, which is perfect for staying in and BAKING something delicious. This summer my kids fell in love with these giant white flour, sugar-coated muffins from a bakery in the Hamptons. Although I love giving them a treat once in a while, that's definitely not an everyday food. I knew I could create something similar that they would enjoy with healthier ingredients. I even added a "sugary" topping. The muffins are full of fiber from the fruit, and protein from the eggs and almond flour. They make a perfect breakfast or snack. Give them a try and let me know what you think!

Blueberry Muffins

(makes 9 standard-sized muffins)

www.robinbarrie.com | 917-648-1421 | rkaiden@robinbarrie.com