

Gluten-Free Blueberry Muffins

For those following a gluten-free regime, this one is for you!! These muffins are moist with not a ton of carbs (saving room for a fruit on the side, because carbs are still important), but still have 5 grams protein per muffin! I LOVE carbs that still offer a little bit of protein as well. Grab one of these nutty, berrilicious delicacies for breakfast or a snack. Enjoy!

Ingredients:

2 cup	Almond flour
½ tsp	Baking soda
1/8 tsp	Salt
1 tbsp	Ground cinnamon
3 large	Eggs
2 large	Egg whites
2 tbsp	Applesauce, unsweetend
1 tsp	Vanilla extract
¼ cup	Agave or honey (use agave if giving to kids under 2)
2 tbsp	Lemon juice
1 cup	Blueberries (fresh or frozen, thawed)

Directions:

1. Preheat the oven to 425 degrees F. Place muffin cups in 12 slots in a muffin pan. Grease each cup with cooking spray.
2. In a large bowl, whisk together the dry ingredients (flour, baking soda, salt, cinnamon)
3. In a medium bowl, whisk together the eggs, egg whites, oil, vanilla, honey (or agave), and lemon juice
4. Mix the dry ingredients into the wet ingredients. Mix until combined then STOP- do not overmix. Gently fold in the berries.
5. Spoon the batter evenly into the 12 pre-greased muffin cups.
6. Bake for 5 minutes. Then, lower the temp to 350 degrees and bake for 12-13 minutes.
7. Let cool for 10 minutes then serve or store!

**Store at room temp for 2-3 days, 5-7 days in the fridge, or up to 3 months in the freezer.

Servings: 12 muffins
 Serving size: 1 muffin

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Nutrition Facts		
Serving Size: 1 Muffin		
Amount Per Serving	% Daily Value*	
Calories	151.7 kcal	8 %
Total Fat	9.5 g	15 %
Saturated Fat	1.1 g	5 %
Trans Fat	0 g	
Cholesterol	46.6 mg	16 %
Sodium	90.8 mg	4 %
Total Carbohydrate	11.7 g	4 %
Dietary Fiber	2.9 g	12 %
Sugars	7.6 g	
Protein	5.6 g	11 %
Vitamin A	2 %	Vitamin C 5 %
Calcium	6 %	Iron 5 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full Info at cronometer.com </>