

Almond Blueberry Muffins

2 1/2 cups (240 grams) almond flour
1/3 cup (67 grams) sweetener (I used Monkfruit)
1/2 teaspoon (3 grams) salt
1/2 teaspoon (3 grams) baking soda
1 1/2 teaspoons (6 grams) baking powder
1/2 teaspoon (1 gram) lemon zest
1/2 cup (113 grams) melted, unsalted butter — cooled
1/3 cup (113 grams) unsweetened almond milk
1 teaspoon (4 grams) vanilla extract
3 large eggs at room temperature
2/3 cups (127 grams) blueberries

Heat your oven to 350F (175 C). Line a 12 muffin tin with paper liners.

Place all the dry ingredients and the lemon zest in a bowl. Whisk well. Make a hole in the middle and add the rest of the ingredients. Whisk the wet ingredients and then mix it all together.

Fold in the blueberries.

Scoop batter into the prepared muffin cups. Place the pan in the oven and bake for 20 to 25 minutes. Check them at 20 minutes by inserting a toothpick. If it comes out clean, remove them from the oven.

Cool down and enjoy.

Store muffins in a closed container inside the refrigerator.

Calories 213.083 kcal, Fat, Total 18.905 g, Saturated Fat 5.824 g, Sugar, Total 1.580 g, Total Carbohydrate 4.647 g, Fiber 2.243, Protein 6.350 g, Cholesterol 62.576 mg, Trans Fatty Acid 0.270 g, Sodium 306.894 mg,

©TheFrugalChef2021