

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Almond Butter Coconut Flour Muffins

These muffins are a great protein-rich way to start the day. They also make a great snack. These muffins will be more of a spongier, or "eggier", texture than regular muffins. You do need to sift the coconut flour, or you will have a lot lumps in your batter. I sift my coconut flour with the baking powder through a small fine mesh sieve right over the bowl containing the egg mixture, and then whisk it all well.

- 6 eggs
- 2 Tbs Coconut Oil or Butter (melted)
- 8-10 Tbs Sucanat (this is to taste)
- 1/2 cup almond butter
- 1/2 tsp Salt
- 1/2 tsp vanilla
- 1/2 cup coconut flour (sifted)
- 1/2 tsp Baking Powder

Blend together eggs, oil, sucanat, almond butter, salt and vanilla. Combine coconut flour with baking powder and whisk into batter until there are no lumps. Fill muffin cups halfway with batter. Bake at 400 degrees for 15 minutes.