

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Lemon-Poppy Coconut Flour Mini Muffins

From: The Nourishing Home on Facebook

½ cup organic coconut flour
1 tsp baking soda
½ tsp sea salt
4 large eggs
½ cup butter, melted (or coconut oil)
½ cup raw honey
1/8 tsp pure lemon extract
2 heaping Tbsp fresh lemon zest (about 2 lemons)
1 Tbsp poppy seeds

1. Preheat oven to 350 degrees. In a medium bowl, combine coconut flour, baking soda and salt.
2. In a smaller bowl, whisk together melted butter and honey. Then blend in eggs and lemon extract, until well combined.
3. Add the wet ingredients to the dry, thoroughly whisking together until smooth. Then whisk in lemon zest and poppy seeds.
4. Spoon batter into a 24-cup mini-muffin tin (or a regular muffin tin-you should get 8-10 muffins) lined with mini-muffin baking cups.
5. Bake 8-10 minutes, until golden and a toothpick inserted in center comes out clean.