

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Pineapple-Coconut Muffins

(Gluten-Free)

From The Nourishing Home on Facebook

½ cup coconut flour  
½ tsp baking soda  
¼ tsp sea salt  
4 large eggs  
⅓ cup plain organic whole milk kefir (or yogurt)  
⅓ cup pure maple syrup  
2 Tbsp unsalted butter, melted  
1 ½ tsp pure vanilla extract  
1 cup fresh diced pineapple  
Unsweetened shredded coconut

1. Preheat the oven to 350 degrees. Line a 12-cup muffin tin with 8 paper liners. In a small bowl, mix together the coconut flour, baking powder and salt. In a large bowl, whisk together the eggs, kefir, maple syrup, butter and vanilla extract. Add the dry ingredients to the wet and whisk well to combine until no lumps remain and batter is thick.
2. Add a spoonful of the muffin batter to each of the lined muffin cups making sure to fill no more than ⅓ of the muffin liner. Using both hands, lift the muffin tin evenly and tap the bottom on the counter to evenly distribute the batter in the bottom of the muffin cups.
3. Then, add a few pieces of diced pineapple to each muffin cup. Next, place another spoonful of batter on top of the pineapple, making sure to evenly distribute the remaining batter among all the muffin cups. Finally, add more pineapple to the top of each muffin and sprinkle lightly with a few pinches of shredded coconut.
4. Bake for approximately 22-25 minutes, until top and edges begin to turn a light golden brown. Allow to cool in the pan for 5 minutes, and then serve.