

Almond Flour Muffins

Yields: 4 muffins
Serving size: 1 muffin



Ingredients

- 1 cup blanched almond flour
- 2 large eggs
- 1 Tbsp. pure honey
- 1/4 tsp. baking soda
- 1/2 tsp. apple cider vinegar

Additional ingredients/flavours can include:

Date walnut, lemon poppyseed, dried cranberries with white chocolate chips, cinnamon raisin, and orange dark chocolate chip

Directions

- In a medium bowl, combine almond flour and baking soda
- In a large bowl, combine eggs, honey, and vinegar
- Stir dry ingredients into wet, mixing until combined
- Scoop about 1/4 cup of batter at a time into a paper lined muffin pan
- Bake at 350°F for 15 minutes, until slightly browned around the edges
- Cool in the pan for 1/2 hour

Nutritional information

- Calories: 219
- Protein: 9 grams
- Carbs: 11 grams
- Fat: 16 grams



Recipe adapted from: <https://elanaspantry.com/ratio-rally-quick-breads-almond-flour-muffins/>