



Lemon, Coconut & Chia Seed Muffins

Serves 12

½ cup (60g) coconut flour
2 tbsp. chia seeds
¼ tsp. baking soda
zest from 2 lemons
pinch of salt
¼ tsp. vanilla extract
2 tbsp. lemon juice
1 tbsp. apple cider vinegar
½ cup almond milk
4 tbsp. honey
4 eggs
¼ cup (60ml) coconut oil,
melted

What you need to do

Preheat oven to 350°F (180°C). Line a muffin tray with paper muffin cups.

In a medium bowl, add coconut flour, chia seeds, baking soda, lemon zest, and a pinch of salt. Mix well.

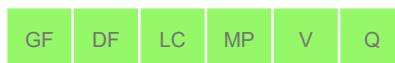
In another bowl, crack the eggs and add vanilla extract, almond milk mixed with stevia or honey, melted coconut oil, lemon juice, and apple cider vinegar.

Next fold in the dry ingredients into the wet, mixing well until a smooth batter is formed.

Pour the batter into paper muffin cups dividing equally between the 12 cups.

Bake for 20-25 minutes, or until an inserted toothpick comes out clean.

Once baked, remove from the oven and transfer the muffins onto a rack to cool completely.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	138	8	15	3

*Nutrition per serve

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