

Strawberry Almond Muffins

INGREDIENTS:

- ¼ cup apple sauce
- ¼ cup honey
- 6 drops vanilla liquid Stevia
- 3 room temp eggs (cold eggs will harden the coconut oil)
- ½ cup coconut oil, liquefied
- 2 cups almond meal flour
- ½ cup buckwheat flour
- ½ teaspoon baking soda
- ½ teaspoon baking powder (grain-free baking powder recipe)
- ½ teaspoon sea salt

PREPARATION:

Add to bowl: ¼ cup apple sauce, ¼ cup honey, 6 drops vanilla liquid Stevia, 3 room temp eggs (cold eggs will harden coconut oil), ½ cup coconut oil, liquefied. Beat with electric mixer. Add: 2 cups almond meal flour, ½ cup buckwheat flour, ½ teaspoon baking soda, ½ teaspoon baking powder (grain-free baking powder recipe), and ½ teaspoon sea salt. Beat with electric mixer. Add 1 cup thinly sliced fresh strawberries (fresh blueberries would also be nice). Spoon into unbleached muffin cups, to almost fill. Bake at 350 degrees for about 24 minutes.

<http://www.thespunkycconut.com/search/label/Muffins>

NOTES FROM THE COOK: