

# Lemon Blueberry Coconut Muffins



Who doesn't love having a good muffin to grab on the go? These muffins are gluten-free, nut-free, dairy-free and taste AMAZING!!

## Ingredients:

- 1 cup coconut flour
- 1/2 tsp sea salt
- 1 tsp baking soda
- 2 tsp cinnamon
- 1 1/4 cup canned coconut milk
- 4 tbsp chia seeds
- 6 large eggs (beaten)
- 1/2 cup raw honey (very soft or melted)
- 4 tbsp coconut oil (melted)
- 1 lemon zest
- 1/8 cup fresh lemon juice
- 4 tsp vanilla extract
- 1 1/2 cup frozen or fresh blueberries

## Directions:

Preheat oven to 350F.

Mix coconut milk with chia seeds and set aside for at least 10 minutes to thicken (whisking every few minutes to ensure even thickening).

In a separate small bowl, sift dry ingredients and set aside.

In a large bowl mix the rest of the ingredients (except for the blueberries). Add coconut milk mixture to wet ingredients and whisk to combine. Gently add dry ingredients to wet ingredients. Mix until just combined. Add in blueberries and gently fold. Batter will quickly thicken and be on the thicker side.

Pour batter into greased or lined muffin tins, filling 3/4 full. Bake for 20-25 minutes until muffins are golden brown. Immediately remove from tins and cool on wired rack.

Store on the counter for 3-4 days. Freeze excellent!