

LOVE THY CARROT

real food made with love

... LEMON POPPYSEED MUFFINS

This recipe makes 9 muffins

INGREDIENTS

Wet Ingredients

2 tbsp lemon zest (from about 2 lemons)
2 tbsp fresh lemon juice (about 1 lemon)
1/3 cup plant based milk (I use unsweetened almond milk)
1/4 cup maple syrup or honey
1/4 cup coconut oil, melted and cooled
3 eggs
1 tsp vanilla extract

Dry Ingredients

2 1/2 cups almond flour
1/2 cup tapioca or arrowroot starch
1 tsp baking powder
1/2 tsp baking soda
1/4 tsp salt
2 tbsp poppy seeds

DIRECTIONS

1. Preheat the oven to 350 degrees F.
2. Line muffin pan with paper liners.
3. In a large bowl, combine the wet ingredients and whisk until smooth.
4. Then add the dry ingredients to the wet ingredients. Stir until just combined.
5. Spoon batter into prepared muffin pan.
6. Bake muffins at 350 degrees F. for 14 to 16 minutes or until slightly golden and a toothpick inserted in the centre comes out clean.
7. Let muffins to cool for a few minutes before transferring to a cooling rack.

