



Ashley's Meal Prep Monday!



Gluten Free Blueberry Muffins

INGREDIENTS

Dry Ingredients:

- 1 1/2 cups GF flour
- 1/2 cup almond flour
- 1 1/2 TSP baking powder
- 1/2 TSP baking soda
- 1/2 TSP salt
- 1/4 TSP nutmeg

Other:

- 2 large eggs
- 3/4 cup cane sugar or coconut
- 1/2 cup oil
- 1 TBSP lemon juice
- 1 TSP vanilla
- 1 cup dairy free yogurt
- 1 cup blueberries
- 2 TBSP raw sugar optional

In a medium bowl, whisk together the gf flour, almond flour, baking powder, baking soda, salt and nutmeg. In the bowl of a stand mixer, or using a hand mixer, beat together eggs and sugar until very light and fluffy, 2-3 minutes. With mixer on low, slowly drizzle in oil. Add lemon juice, vanilla, and mix.

With mixer on low, add 1/3 of the dry ingredients followed by 1/2 of the yogurt. Mix until combined then add another 1/3 of the dry ingredients. Add the rest of the yogurt and mix until combined and the rest of the dry ingredients. Scrape down sides and bottom of mixer - mix for another 20 seconds until smooth.

Stir in blueberries with a spatula. Use a large spoon and portion the batter evenly into a prepared muffin pan - sprinkle raw sugar evenly over the top if using and refrigerate for 20 minutes before baking.

Preheat oven to 425 and bake muffins for 10 minutes at 425 then reduce the temp to 374 and continue to bake for another 10-15 minutes. Let cool for 5 minutes before transferring to wire rack.



Recipe: www.meaningfuleats.com

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