ORANGE ALMOND MUFFINS (GF, V)

CREATIVELY DELISH

Healthy & Delicious Recipes

Makes 12 muffins

Ingredients

In one bowl, combine:
2 C GF flour
1 C almond flour
1 tsp baking soda
1/2 tsp baking powder
1/4 tsp salt
1/4 C + 1/2 TBS coconut sugar
1/2 C sliced and hand crushed almonds

In a second bowl, combine:
1/4 C unsweetened applesauce
1/2 C orange juice (fresh from real oranges pls)
2 TBS lemon juice
Zest of 1 orange
Zest of 1 lemon
1/2 C unsweetened almond milk
1/4 C melted coconut oil
1 tsp vanilla extract

Directions

1. Set the oven to 350 and lime muffin cups with fillers or spray with a nonstick spray.

2. Slowly add the wet ingredients to the dry, and mix until everything is combined. Pour into muffin cups, and bake for 24-28 minutes, or until a toothpick comes out clean and the tops have started to brown.