

LEMON POPPY SEED MUFFINS

Makes 18-20 mini muffins

Lemon!



Lemon Poppy Seed Muffins

1/2 c. coconut flour

1/4 tsp. salt

1/4 tsp. baking soda

3 eggs

1/4 c. honey

1/4 c. grape seed oil

1 Tbs. zest of lemon peel

1 Tbs. poppy seeds

Combine coconut flour, salt, and baking soda; set aside.

In a large bowl, blend eggs, honey, oil, and lemon zest. Stir in dry ingredients. Fold in poppy seeds.

Spoon one scant tablespoon of batter into each of 18 to 20 greased mini muffin cups. Bake at 350 degrees for 8 to 10 minutes.



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