

COCONUT MUFFINS (BLUEBERRIES OPTIONAL)

These muffins are gluten-free, low carb, high fat, high fiber, moderate protein, and delicious, too! This recipe is adapted from [Cooking With Coconut Flour](#), by Dr. Bruce Fife, where you can find a lot of good information as well as more recipes for eating gluten-free all the time.

Ingredients:

TO MAKE 6:		TO MAKE 24:
¼ Cup	Coconut Flour	1 Cup
¼ tsp	Stevia Powder	1 tsp
½ tsp	Baking Powder	1½ tsp
¼ tsp	Salt	1 tsp
1 Tb	Coconut Flakes	4 Tb
3 Ea.	Eggs, Large	12 Ea.
2 Tb	Coconut Oil	½ Cup
2 Tb	Coconut Milk	½ Cup
¼ tsp	Vanilla	1 tsp
	<i>Optional:</i>	
½ Cup	Blueberries (frozen)	1½ Cups

Instructions:

Preheat oven to 400 degrees.

Prepare muffin pans with light coating of oil.

Make sure all ingredients are at room temperature. Oil should be melted, but not hot.

Combine dry ingredients in a small bowl. Mix well so that stevia is distributed evenly.

Beat eggs until frothy using electric mixer, incorporating as much air as possible.

Add in Oil, Milk and Vanilla and blend well.

Mix in dry ingredients in 2-3 batches. Batter will thicken quickly. *(If you must thin the batter, add more oil.)*

If using, quickly fold in frozen blueberries with rubber spatula.

Scoop batter into prepared pans, filling each cup about 2/3 full.

Bake 15-17 minutes. Muffins are done when toothpick inserted in center removes cleanly.

Cool in pans 10-15 minutes to make it easier to remove them. Serve immediately.

Or cool completely, place in airtight container, and refrigerate or freeze.

Optional Lemon Glaze

Combine ¼ Cup lemon juice with ¼ Cup sugar or agave syrup in a saucepan over medium heat; reduce to thicken. Dip top of muffin into glaze or brush lightly with pastry brush.

Ingredient Notes:

Wilderness Family Naturals is a good source of organic coconut products that are available on their own [website](#) or through [Amazon](#).

- Coconut Flakes are dried, shredded coconut with no added sugar that make a wonderful addition to many recipes whenever you want to add more fiber.
- Coconut Milk Powder is a terrific way to have coconut milk on hand whenever you need it. Just mix with hot water as thick as you like and in the amount you need for your recipe.
- Coconut Flour is pure and fresh without the dark color and bitter taste of some other brands.

Coconut products can be stored in the freezer for many months without spoiling. Just be sure to seal tightly.

Coconut Oil melts quickly (at just 76 degrees), so you can simply immerse the jar in a bowl of hot water for a few minutes as you're getting ready to bake.

Coconut Flour clumps easily in the presence of moisture, so a few lumps are normal in any package. You don't need to sift the flour before measuring, but do break up any clumps.

Stevia is best purchased as pure powder, and the measurements given above assume there are no other fillers or maltodextrin . If you must use something with additional ingredients, note that you may need to add more to get the sweetness you like. Just taste the batter before baking and adjust accordingly. But use sparingly, to avoid bitterness.

If you intend to keep muffins for more than a couple of days, these are best stored in the refrigerator. Or you can freeze them and use as needed. They taste best warm, so just pop one or more into a 350-degree oven for about 15 minutes.

Because of the high fat content in these muffins, you'll want to be careful when re-heating them. Avoid microwaving for more than a few seconds, or use moderate heat in a conventional oven.

Nutrition Information, Per Muffin:

	<i>Grams</i>	<i>Calories</i>	<i>%-Cals</i>
Calories		138	
Fat	10	88	64%
Saturated Fat	6	56	41%
Polyunsaturated Fat	0	4	3%
Monounsaturated Fat	1	11	8%
Carbohydrate	7	14	10%
Dietary Fiber	4		
Protein	5	22	16%