



Gluten-Free Blueberry Mini Muffins

Ingredients

2 cups almond flour (7 ounces)
1/4 cup maple sugar
1/2 teaspoon baking soda
1/4 teaspoon sea salt
3 organic eggs, beaten
2 tablespoons extra-virgin olive oil
2 tablespoons honey
1/2 teaspoon vanilla extract
1/2 teaspoon almond extract
1/2 cup frozen blueberries, preferably wild blueberries

Directions

Preheat the oven to 375°F. Prepare a 24-cup mini muffin tin by generously oiling each muffin cup, or line each cup with two paper liners to make it easier to remove.

Put the almond flour, maple sugar, baking soda, and salt in a large bowl. Toss with your fingers until completely combined and the mixture is lump free. Put the eggs in a separate bowl. Slowly add the oil and honey while whisking constantly. Add the vanilla and almond extract and whisk until well combined. Pour into the almond flour mixture and fold in with a rubber spatula. Gently fold in the blueberries. Spoon the batter into the prepared muffin cups, dividing it evenly among them; the batter should come almost to the top of each cup.

Put the muffin tin on a baking sheet and bake for about 15 minutes, until the tops are golden brown and a toothpick comes out clean when inserted in the center.

Let cool in the pan on a wire rack. If you didn't use paper liners, gently run a knife or small offset spatula around the edges of the muffins to help release them.

VARIATION: For a blast of antioxidant-rich chocolate, omit the blueberries and, before spooning the batter into the muffin tin, transfer 1/4 cup of the batter to a small bowl. Stir in 2 teaspoons unsweetened cocoa powder, then add 2 tablespoons chopped dark chocolate. Put a heaping teaspoon of the chocolate mixture in the bottom of each muffin cup, then fill the cups with the remaining batter. Bake and cool as directed.

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