



Nutrition TEAM

with Kim Ross

Gluten Free Blueberry Muffins

Makes: 6-8 regular muffins

Prep time: 10 minutes

Cook time: 20 minutes

Ingredients:

- 3 eggs
- ½ C whole milk Greek yogurt
- 1/8 C organic raw honey
- 1/3 C coconut oil, melted
- 1 Tbsp vanilla extract
- ½ C Almond flour
- ¼ tsp salt
- ¼ tsp baking soda
- 1 C blueberries, fresh or frozen
- 1 Tbsp cinnamon
- 2 Tbsp ground flax seed
- 2 Tbsp chia seeds



Directions

1. Preheat oven to 350F and line muffin tin.
2. Combine eggs, yogurt, coconut oil, honey, and vanilla until well blended
3. Mix in almond flour, salt, baking soda, cinnamon, flax seed and chia seeds until well blended.
4. Fold in blueberries.
5. Pour mixture into lined muffin tins.
6. Bake for 20-25 minutes until tops are golden

Note: You can substitute coconut flour for the almond flour.

Nutritional Value Per Muffin

237 Calories 16.6g Fat 17.4g Total carbs 4g Fiber 13.5g Net carbs 5.5g Protein

***About the Contributor:** Nicole Brooker earned her Master's degree in Applied Clinical Nutrition from New York Chiropractic College in August 2018. Nicole is passionate about nutrition education, GI health and disease prevention. She is currently an adjunct professor at Columbia International University where she developed and wrote the curriculum for a Health and Nutrition Minor. She is currently earning clinical hours toward the Certified Nutrition Specialist (CNS) credential under Kim Ross's supervision.*