

# LOW CARB BLUEBERRY MUFFINS

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What you need:

- 3 Cups Almond flour (300g) \*
- 4 Tbsp Coconut flour (32g)
- 1 Tbsp Baking powder
- 1 tsp Sea salt
- 1 tsp Baking soda
- 3/4 Cup Granular Swerve Sweetener (Sugar Substitute)
- 7 Tbsp Coconut oil, melted
- 3 Large Eggs, at room temperature

\* Per Food Faith Fitness recipes that involve Gluten Free ingredients should be weighed to ensure proper amount.

What you do:

- Preheat your oven to 350 degrees and line muffin tin with Silicone Cupcake Liners
- In a medium bowl, mix together the almond flour, coconut flour, baking powder, salt and baking soda. Set aside.
- In a large bowl, using an electric mixer, beat together the swerve, coconut oil, eggs, applesauce and vanilla until well blended.
- Stir in the almond flour mixture, along with the blueberries until well combined. Let the batter stand for 5 minutes so the coconut flour can begin to absorb the moisture.
- Divide the mixture into the 12 Muffin spots and bake until very golden brown and a toothpick inserted in the center comes out clean, about 24-25 minutes.
- Let cool for 15 minutes. Then, gently run a knife around the edges of each muffin to loosen them.
- Then, let cool COMPLETELY in the pan before trying to take them out.
- DEVOUR!

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