

Another Healthy Recipe from



Strawberry Muffins

Moist and full of fresh strawberry flavor, these muffins make a delightful treat. They're perfect for a healthy breakfast, snack, or dessert, and the whole family will love them!



INGREDIENTS

- 1/2 cup coconut flour
- 1/4 tsp. baking soda
- Pinch of salt
- 1/2 cup unsweetened, canned coconut milk
- 1/2 tsp. powdered stevia
- 2 Tbsp. coconut oil, melted
- 3 eggs
- 1/2 tsp. vanilla
- 1/2 cup diced fresh strawberries
- 6 fresh strawberry slices for garnish

INSTRUCTIONS

1. Preheat oven to 350 degrees F (175 degrees C). Line 6 cups of a 12 cup muffin tin with paper baking cups or brush generously with oil, set aside.
2. In a medium bowl, sift coconut flour, baking soda and salt, whisk to combine. In another medium bowl, add unsweetened coconut milk, stevia, melted coconut oil, eggs, and vanilla, whisk thoroughly. Pour liquid ingredients into bowl with dry ingredients, stir to combine for one minute as coconut flour absorbs liquids. Fold diced strawberries into muffin batter.
3. Spoon muffin batter into the prepared tin, smoothing tops, then press a strawberry slice on the top of each. Bake muffins until golden brown, about 30 to 35 minutes. Cool, serve.