

Gluten Free, Low Sugar muffins

INGREDIENTS

2 1/2 cups of finely ground almond flour

1/2 tsp baking soda

scant 1/2 tsp salt

1/4 cup maple syrup

1 Tbsp pure vanilla extract

3 large eggs

1 cup of fresh or frozen blueberries

METHOD

1. Preheat the oven to 300 F (150 C) and line a muffin tin with baking cups.
2. Mix the almond flour, baking soda and salt in a bowl.
3. Add the maple syrup, vanilla and eggs to the flour mixture and whisk together until thoroughly combined and smooth.
4. Add the fruit and mix well.
5. Spoon the batter into the prepared muffin tin and bake until the muffins start to lightly brown and a knife comes out clean when inserted, about 25 to 30 minutes.