

BREAKFAST

MORNING GLORY MUFFINS

Prep Time: 15 minutes | Cook Time: 10-15 minutes | Serves: 6

Ingredients:

¾ cup almond flour
2 tablespoons coconut flour
1 teaspoon cinnamon
1 teaspoon coriander powder
½ teaspoon nutmeg
¼ teaspoon sea salt
¼ teaspoon baking soda
2 omega-3 eggs
2 tablespoons olive oil (or coconut oil, melted)
1 teaspoon real vanilla extract
½ teaspoon lemon juice
⅓ cup carrot, grated
⅓ cup zucchini, grated
¼ cup walnuts, chopped
¼ cup shredded unsweetened coconut

Instructions:

1. Preheat oven to 350°.
2. Combine all dry ingredients in a medium-size mixing bowl.
3. Set aside.
4. In a food processor or bowl, beat eggs and stream in oil, vanilla and lemon juice. Then stir in carrots, zucchini, and walnuts.
5. Add dry ingredients to the wet mixture and stir to combine.
6. Place batter into prepared muffin tin, leaving about ¼ room at top. Sprinkle with coconut.
7. Bake for about 10-15 minutes or until the muffins are lightly browned on top and spring back when touched.
8. Let muffin tins cool on a wire rack for 10 minutes before removing.
9. Store unconsumed muffins in an airtight container or covered plate in the refrigerator for up to 5 days. Reheat before consuming in order to add back moisture.

Serving Suggestion:

Serve with a couple of omega-3 eggs and spread a little nut butter in the center of a sliced muffin (cashew, almond or sunflower seed butter).

Nutritional analysis per serving (1 muffin):

calories 212, fat 17 g, saturated fat 2 g, cholesterol 55 mg, fiber 4 g, protein 4 g, carbohydrate 6 g, sodium 151 mg