



# Lemon Blueberry Muffins

Makes 24 mini muffins

## Ingredients

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½ cup coconut flour  
¼ teaspoon baking soda  
½ cup blueberries  
¼ cup honey  
1 cup coconut milk, full fat  
¼ cup coconut oil, melted or ¼  
sunflower oil  
6 large eggs  
1 teaspoon vanilla extract  
1 small lemon, zest & juiced

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Coconut flour is a great gluten-free alternative. It is a very "thirsty" flour and requires lots of moisture. It can also be very lumpy so always sift coconut flour before mixing in your other ingredients.

## Method

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1. Preheat the oven to 350°F. Line a mini muffin tin with baking cups or spray well with non-stick cooking spray.
2. Sift the coconut flour through a wire strainer into a large bowl. Stir in the blueberries and baking soda.
3. In a separate bowl, whisk together the honey, coconut milk, coconut oil, eggs, lemon zest, lemon juice, and vanilla extract.
4. Using a rubber spatula, mix the wet and dry ingredients together.
5. Spoon batter into the prepared muffin tin, filling each to the top.
6. Bake until a toothpick inserted into the center comes out clean, about 15-20 minutes. Set pan on a wire rack to cool. Wait until muffins are completely cool before serving.

Recipe from the Indigenous Diabetes Health Circle  
Recipe Collection