

Recipe:

Sugar Free Coconut Muffins

Heat oven to 375 degrees. Prepare muffin pan with generous amount of butter or non-stick spray. Whisk or beat the eggs until whites and yolks are well mixed. Stream the melted butter in while continuing to whisk. Add salt and vanilla and mix until combined. In a separate bowl mix dry ingredients - coconut flour, baking powder and sweetener. Mix the dry ingredients and wet ingredients together, then whisk in the water in small doses. The coconut flour will absorb the liquid like crazy, add only enough water to get a muffin batter consistency, stiff enough to hold up the berries, but not too thick. Gently mix the berries in the batter and divide among six muffin cups. Bake for 18 minutes, or until just turning golden brown on the tops. Let rest until they are easily removed from the pan.

Software:

3 eggs (room temperature)
1/3 cup coconut flour
1/4 cup melted butter
1/2 tsp vanilla
1/4 tsp salt
1/4 cup sugar substitute
(erythritol)
1/2 tsp baking powder
@ 6-7 Tbsp water
1/2 cup blueberries or
raspberries

Hardware:

Bowls
Whisk
Muffin pan