

Healthy Blueberry Muffins

Servings: 12 | Prep/cook time: 35 minutes

Ingredients:

- 1 $\frac{3}{4}$ cups whole wheat flour
- 1 tsp. whole wheat flour
- 1 tsp. baking powder
- $\frac{1}{2}$ tsp. baking soda
- $\frac{1}{2}$ tsp. fine sea salt
- $\frac{1}{4}$ tsp. ground cinnamon (optional)
- $\frac{1}{3}$ cup coconut oil, melted
- $\frac{1}{2}$ cup honey
- 2 egg
- 1 cup plain Greek yogurt
- 2 tsp. vanilla extract
- 1 cup blueberries, fresh or frozen



Directions:

1. Preheat oven to 400 degrees. Prepare muffin tin.
2. In bowl, mix together coconut oil and honey. Add eggs and beat well. Mix in yogurt and vanilla.
3. In bowl, combine 1 $\frac{3}{4}$ cups of flour with baking powder, baking soda, salt and cinnamon.
4. Add egg mixture to dry ingredients and stir together.
5. In small bowl, toss blueberries with 1 teaspoon flour. Gently fold blueberries into batter.
6. Pour batter evenly into prepared muffin tin.
7. Bake muffins for about 16 minutes or until tops are lightly browned.
8. Let muffins cool and enjoy.

