

Fruit Muffins

This Specific Carbohydrate Diet Recipe was adapted from pecanbread.com.

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Ingredients:

2 1/2 cups almond flour

2 large eggs

1/4 tsp salt

1/2 tsp baking soda

1/2 tsp vinegar

1/4 cup honey

1/3 cup chopped apples

1/3 cup blueberries

1/2 cup mashed bananas

2 Tbls chopped walnuts

Cinnamon to taste

Directions:

1. Preheat heat the oven to 350 degrees.
2. In a large bowl, combine ingredients through the honey - the almond flour, eggs, salt, baking soda, vinegar, and honey.
3. Divide batter into three equal parts.
4. Add apples to one part, blueberries to another part, and bananas and walnuts to the last part.
5. For each part, spread the batter into muffin tins 2/3s of the way full. Yield is 18 muffins (six of each flavor).
6. Bake in a 350-degree oven for 28 min. PLEASE NOTE: everyone's oven cooks a bit differently. The muffins should be golden with a little browning at the top.
7. Serve and Enjoy—you can also try different fruits!

