
Gluten-Free Berry Muffins

Cook Time: 25 min

prep Time: 10 min

total Time: 35 min

servings: 8

Ingredients:

1/2 cup (60g) almond flour

1/2 cup (60g) chickpea flour

2 tablespoons arrowroot (or cornstarch)

1/2 cup (75g) coconut sugar

1 1/2 teaspoon baking powder

1/4 teaspoon baking soda

1/2 teaspoon salt

1/2 teaspoon cinnamon

1/2 cup (120g/120ml) full-fat yogurt

2 eggs

1/4 cup (60g) neutral oil, melted coconut oil or melted butter

1 teaspoon vanilla

2/3 cup (80g) fresh or frozen berries

1/2 cup (60g) raw walnuts, chopped and divided

Instructions:

1. Preheat oven to 200C/400F. Line 8-10 muffin cups with muffin liners. Place muffin pan on baking sheet.
2. In a medium bowl whisk together the flours, arrowroot, coconut sugar, baking powder, baking soda, cinnamon, and salt. Make sure there are no lumps. Set aside.
3. In another bowl, whisk the yogurt, eggs, oil/butter, and vanilla. Whisk to combine.
4. Add the wet to dry and fold adding in the berries following by 2/3 of the nuts in the last strokes.
5. Divide the batter evenly among the muffin liners. Sprinkle the remaining nuts evenly on top. Place in the oven, and bake for 10 mins. Then lower temperature to 175/350F and bake 15-20 minutes or until muffins test done or spring back when gently touched with a fingertip.