



Grain-free Pomegranate Muffins

Coconut flour muffins sprinkled with antioxidant-packed pomegranate seeds

Ingredients

6 eggs

¼ cup extra-virgin coconut oil, melted

¼ cup non-dairy milk

6 tablespoons unpasteurized honey

1 tablespoon pure vanilla extract

½ cup coconut flour, sifted

½ tsp gluten-free baking powder

¼ teaspoon sea salt

1 cup pomegranate seeds

½ cup shredded unsweetened coconut



Directions

Preheat oven to 400F. Line a 12-cup muffin tin with muffin liners. Set aside.

Place first 5 ingredients in a medium-sized bowl and mix well with a hand mixer.

In a small bowl, combine coconut flour, baking powder and salt. Drop into the wet mixture. Combine until there are no lumps. Stir in pomegranate seeds.

Drop batter into prepared muffin cups. Sprinkle with shredded coconut.

Bake in preheated oven for 16-18 minutes until toothpick inserted comes out clean.

Makes 12 muffins.

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