



BLUEBERRY AND COCONUT MUFFINS

ALLERGIES:

No grains
No dairy
No gluten
No nuts
Low disaccharides

Prep time: 20 mins

Cook time: 40 mins

Serves: Makes 18 large



INGREDIENTS

- 1 1/2 cups desiccated coconut
- 1 can (400g) coconut milk
- 1 cup dextrose powder
- 2 eggs lightly beaten
- 1 tsp vanilla essence
- 1 1/2 cups coconut flour
- 2 tsp baking powder
- 2 cups non dairy milk (almond, coconut, soy)
- 1/3 cup olive oil
- 1 cup frozen blueberries

METHOD

- Preset oven to 170' C (338'F)
- Combine coconut and can coconut milk in bowl and stand 30 minutes.
- Stir sugar, eggs and vanilla into coconut mixture.
- Sift coconut flour into mixture and fold in.
- Add blueberries and fold in gently to combine.
- Spoon mixture into silicone muffin trays, or greased metal trays.
- Use large or small trays and vary cooking time with size.
- Cook large muffins for about 40 minutes until golden.
- Cook small muffins for about 20 minutes until golden.
- Cool for 10 minutes in trays before lifting onto wire rack.
- Store in refrigerator.