

Healthy Fluffy Lemon Poppyseed Muffins With Coconut Glaze

Healthy Num Num | Michelle

- prep time: 20 min
 - freeze time: 25 min
 - total time: 45 min
 - makes 9-12 muffins
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Ingredients:

For the muffins:

- 3 eggs
- 1/2 cup lemon juice
- zest of two lemons
- 1/3 cup maple syrup
- 1/4 cup melted coconut oil
- 1 tsp vanilla
- 1/2 tsp almond extract
- 2 1/4 cups almond flour
- 1/2 cup tapioca or arrowroot flour
- 3 tablespoons poppyseeds
- 1 tsp baking soda
- 1/4 tsp cinnamon
- 1/4 tsp salt

For the glaze:

- 1/4 cup coconut butter melted
- 3 tablespoons lemon juice
- 1 tablespoon honey or maple syrup

- 2-4 tablespoons non-dairy milk (I used macadamia nut milk!)
- lemon zest to garnish (optional)

Instructions:

1. Start by mixing all the wet ingredients together in a medium bowl.
2. Whisk together all the dry ingredients in a separate bowl.
3. Slowly add the wet ingredients to the dry ingredients and mix until just combined.
4. Spoon into a muffin tin (lined with muffin liners) and bake at 350° for 17-19 min or until a toothpick comes out dry! Let them cool completely before putting the glaze on.
5. To make the glaze, add all the ingredients together and spoon over top. Let the muffins set.
6. Enjoy