Grain-Free Lemon Poppy Seed Muffins

Gluten-Free, Grain-Free, Nut-Free
Recipe By @damvxf

Yield: 12 standard muffins

Ingredients

- ¾ cup organic sugar (or equal parts coconut sugar/maple sugar mix)
- ½ cup butter, or ghee, softened
- 2 egg yolks
- 1 ½ teaspoons lemon juice
- 1 teaspoon grated lemon zest
- 1 ½ cups Otto's Naturals – Cassava Flour
- 1 teaspoon Otto's Naturals Grain-Free Baking Powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¾ cup to 1 cup full fat coconut milk or regular milk
- 1 Tablespoon white vinegar or lemon juice
- 2 Tablespoons poppy seeds
- 2 egg whites, beaten to stiff peaks right before adding to batter

Instructions

1. Preheat oven to 350°F. Prepare a muffin pan with liners.
2. In a small bowl, combine coconut milk and vinegar. Stir and let sit for 10 minutes.
3. In a large bowl, cream together the sugar and butter, until fluffy. Add in the egg yolks and mix thoroughly. Stir in lemon juice and zest.
4. In a separate bowl, combine cassava flour, baking powder, baking soda, and salt.
5. Slowly alternate adding milk mixture and dry ingredients to the butter mixture, starting and ending with the dry ingredients. When mixed, stir in poppy seeds.
6. Carefully fold in the beaten egg whites. Fill muffin pan and bake for about 15-18 minutes (for 12 medium sized muffins) or 25-28 minutes (for 9 large muffins)