

Edible Perspective

1.8.15

Blueberry Muffin Bake – makes 4 large servings (dairy free, grain free, refined sugar free)

- 1/2 cup creamy almond butter
- 2 eggs
- 1 teaspoon coconut sugar (I used 1 1/2 tablespoons, which was perfect for me)
- 1 teaspoon lemon zest
- 1 teaspoon vanilla extract
- 3/4 teaspoon cinnamon
- 1/8 teaspoon nutmeg (I omitted)
- 1/4 teaspoon baking soda
- pinch of sea salt
- 1 cup fresh blueberries (thawed if frozen – I used blackberries and chopped them)

Preheat the oven to 350° F and spray a 9-inch loaf pan with nonstick spray. (I lined an 8x4 pan with parchment instead.)

In a large bowl, use a fork to whisk the almond butter until fluffy and creamy. Whisk in the eggs.

Stir in the coconut sugar, lemon zest, vanilla extract, cinnamon, baking soda, and salt, and mix to combine. Carefully fold in blueberries.

Pour the mixture into your prepared loaf pan.

Bake for 20-25 minutes and allow to cool before storing, covered in the refrigerator. (Mine was done at about 25 in the smaller pan)

Notes (from Ashley): *Sub your favorite granulated sugar if you don't have coconut sugar. I'm not sure if other nut butters will work the same but I'm guessing many will (cashew could be good!). I used homemade almond butter that was thick and creamy and it worked perfectly.*