

# Almond Blueberry Muffins

## Ingredients:

- 3 cups almond flour
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{4}$  teaspoon salt
- 1 teaspoon ground cinnamon
- 1 cup blueberries (frozen or fresh)
- $\frac{1}{2}$  teaspoon pure vanilla extract
- $\frac{1}{2}$  cup raw honey
- 3 eggs

## Directions:

1. Heat oven to 350 degrees. Line a muffin tin with large baking cups.
2. Combine the flour, baking soda, salt, and cinnamon in a bowl. Combine the vanilla, honey, and eggs in another bowl.
3. Add the dry ingredients and blueberries to the wet ingredients and mix well.
4. Evenly fill each baking cup with the batter. Bake for 25 to 30 minutes.