



Gluten-Free Blueberry Muffins

Breakfast

Gluten-Free Blueberry Muffins

- 2 eggs using egg replacer (flax or chia) on Page 84
- 2 tablespoons butter, melted
- ¼ cup coconut milk
- ¼ cup water
- ¼ teaspoon whole-leaf stevia powder
- ¼ teaspoon sea salt
- ¼ teaspoon vanilla
- ½ cup coconut flour
- ¼ teaspoon baking powder
- ½ cup fresh blueberries
- Olive oil

Preheat oven to 350 F. Blend together egg replacer, butter, coconut milk, water, stevia, salt, and vanilla. Combine coconut flour with baking powder and thoroughly mix into batter until there are no lumps. Gently fold in blueberries. Pour into baking cup liners lightly sprayed with olive oil. Bake for about 25-30 minutes until toothpick inserted in the center comes out clean. Makes 8 muffins.

Grain-Free Blueberry Pancakes

- 2 scoops Whey Pro Complete
- 2 tablespoons flaxseed meal
- 6 tablespoons coconut flour
- ¼ teaspoon baking powder
- ½ teaspoon sea salt
- ½ teaspoon whole-leaf stevia powder
- 4 eggs using egg replacer (flax or chia) on Page 84
- 1 cup hemp or coconut milk
- 4 tablespoons butter
- ½ teaspoon vanilla
- 1 cup blueberries
- Cinnamon to taste
- Coconut oil for greasing pan

Mix together all ingredients except coconut oil. Preheat pan over medium heat. Melt a small amount of coconut oil just to lightly grease pan. Use a small ladle and drop pancake batter on pan. Drop blueberries throughout. Once side is lightly browned, flip and brown other side. Makes 6-8 pancakes.

