

# Healthy Blueberry Muffins



- 2 1/2 cups all-purpose flour OR almond flour/meal (will make it gluten free)
- 3 large eggs
- 1/2 cups honey
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1 tbsp vanilla extract
- 1 cup blueberries, fresh or frozen (if using frozen, no need to thaw – just mix in frozen but give a few extra minutes bake time.)
- Pure maple syrup

Preheat oven to 300°.

Line a muffin pan with muffin liners.

In a large bowl, mix all ingredients together, until full combined, then fold in blueberries.

Fill each liner 3/4 full with batter. (I drizzle a bit of Pure Maple syrup on each)

Bake for 30-40 minutes. (Top should be spongy, but firm when pressed.)

Cool for 5 minutes and remove from muffin pan.