

# Raspberry Muffins

Yield 8 muffins

## Ingredients

3 eggs (room temp)  
2/3 cup coconut mylk (room temp)  
1/4 cup mild olive oil or melted butter  
2 tablespoons raw honey  
2 teaspoons vanilla extract  
1 teaspoon almonds extract  
2/3 cup coconut flour (sifted)  
1/3 cup tapioca flour  
2 tablespoons brown flax meal  
2 teaspoons baking powder  
1/4 teaspoon salt  
3/4 cup raspberries  
2 tablespoons slivered almonds (for the top)

## Method

Set aside the raspberries and slivered almonds

Combine the wet ingredients together and mix with a fork

Add the dry ingredients to a large bowl and stir with a spatula

Add the wet ingredients to the dry and whisk together, the batter will thicken from the coconut flour. Fold in the raspberries

Fill greased or paper-lined muffin cups about two thirds full ( 8 muffin in total), sprinkle the slivered almonds on top of each muffin and bake at 350 degrees fahrenheit for 18-20 minutes

Honey and Vanilla  
[honeyandvanilla.com](http://honeyandvanilla.com)