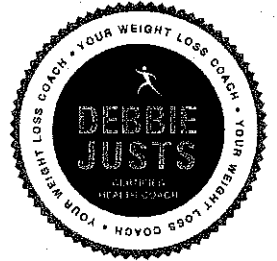


HEALTHY LEMON, BERRY, YOGURT MUFFIN



1 1/2 CUPS WHOLE GRAIN OAT FLOUR

1 TSP. BAKING POWDER

11 OUNCES OF YOGURT (SIGGI'S) I USED 1 PLAIN & 1 COCONUT

1/3 CUP MELTED ORGANIC COCONUT OIL

2 LARGE EGGS

JUICE OF 1 WHOLE LEMON & THE ENTIRE ZEST

1 CUP ANY BERRY YOU LIKE (I USED BLACKBERRIES)

1 CUP MAPLE SUGAR

1/2 TSP. BAKING SODA

1/2 TSP SEA SALT

DIRECTIONS

PREHEAT OVEN TO 350 DEGREES. I USED COCONUT OIL GREASE THE MUFFIN TINS FOR EASY MUFFIN REMOVAL. (MAKES 12 MUFFINS)

1. WHISK TOGETHER FLOUR AND BAKING POWDER IN A SMALL BOWL.
2. WHISK TOGETHER YOGURT, LEMON JUICE, LEMON ZEST, COCONUT OIL, EGGS, 1 CUP MAPLE SUGAR, BAKING SODA, AND SEA SALT IN A LARGE BOWL UNTIL SMOOTH. THEN WHISK IN FLOUR MIXTURE UNTIL COMBINED.
3. DIVIDE BATTER AMONG MUFFINS TINS 3/4 FULL.
4. BAKE UNTIL GOLDEN 25-30 MINUTES.