



Paleo Blueberry Muffins

There is just no way to beat these muffins; they are easy, delicious, and nutritious.

Yield: 14 to 16 standard size or 12 tall muffins

Ingredients

- 2¼ cups + 1 tablespoon (300 g) [Pamela's Grain-Free Pancake Mix](#)
- 3 eggs, large
- ⅔ cup maple syrup or honey
- 1 tablespoon vanilla
- ½ cup full-fat coconut milk, from a can that has been shaken well
- Zest of 1 lemon (optional)
- ½ teaspoon salt
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ¼ teaspoon nutmeg
- 1 cup fresh blueberries

Directions

Preheat oven to 400°, with rack in center. Line standard muffin pan with cupcake liners; for tall muffins, use jumbo cupcake liners. Spray with nonstick cooking spray and set aside.

Put Grain-Free Pancake Mix into bowl of food processor or strong blender and mix for a minute or two; this will make flour finer for a lighter muffin.

In a large bowl, thoroughly mix together eggs, maple syrup, vanilla, coconut milk, and lemon zest, if using. In a medium bowl, whisk together Grain-free Pancake Mix, salt, baking powder, baking soda, and nutmeg. Add to egg mixture until just evenly combined, then carefully fold in blueberries. Fill muffin cups about two-thirds full; for tall muffins, fill jumbo liners until batter reaches same level as top of muffin pan.

Bake for 16 to 20 minutes until firm to the touch and a toothpick comes out clean. Cool on a rack until cool enough to handle.

NOTE: Muffins made with maple syrup are sweeter than those made with honey.

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