



Blueberry Peach Muffins- Gluten-Free, Paleo and Vegan

Ingredients:

1.5 cups almond flour
1/2 cup coconut flour
1 teaspoon cinnamon
1/2 teaspoon baking soda
1/2 teaspoon salt
2 eggs (or 2 T flax to make vegan)
1/4 cup melted coconut oil
1 banana, mashed
1/4 cup unsweetened applesauce
1 teaspoon vanilla extract (or vanilla bean seeds, scraped)
1 cup peeled and diced peaches, plus more for topping
1 cup blueberries

Directions:

Preheat oven to 350 degrees
Grease a muffin tin or line with muffin cups
Combine all dry ingredients in a large bowl
Add wet to dry and mix well
Add fruit
Scoop mixture into muffins tins, filling about $\frac{3}{4}$ of the way
Top muffins with more diced peaches (you can also sprinkle more coconut flakes on top too)
Bake for about 25 minutes (*Note: if not using eggs, bake for an extra

15-30 minutes at 300F)

test with toothpick. Muffins will be moist but not wet

Remove from oven and carefully transfer to a cooling rack