

RECIPE OF THE WEEK: PALEO EDITION

Cornbread Muffins

Ingredients:

2/3 cup coconut flour

1/2 cup butter (1 stick) (If you cant eat butter, mix coconut butter and olive oil)

8 eggs

1/2 tsp salt

1/2 tsp baking powder

Instructions:

Preheat the oven to 400 degrees. Whisk together the coconut flour, salt, and baking powder. In another bowl, beat the eggs. Whisk in the melted butter. Add the coconut flour mixture to the egg/butter mixture and stir to combine. I used a Kitchen Aid to blend quickly until it formed a dough mixture. Divide the batter amongst 12 greased muffin tins. Bake for 25 minutes or until golden browned. Take out of oven and let cool.

Compliments of PaleoForFoodies.com

