

Please be advised that not all of the recipes are appropriate for all people.  
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

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## Almond Flour Muffins

(taken from [www.elanaspantry.com](http://www.elanaspantry.com))

### Ingredients:

- 4 ounces blanched almond flour (about 1 cup)
- 4 ounces eggs (about 2 large eggs)
- 1 ounce honey (around 1 tablespoon)
- ¼ teaspoon baking soda
- ½ teaspoon apple cider vinegar

### Directions:

- In a medium bowl, combine almond flour and baking soda
- In a large bowl combine eggs, honey and vinegar
- Stir dry ingredients into wet, mixing until combined
- Scoop about ¼ cup of batter at a time into a paper lined muffin pan
- Bake at 350° for 15 minutes, until slightly browned around the edges
- Cool in the pan for ½ hour
- Serve with butter and raspberry jam

Makes 4 muffins; but easily doubled to make more.

\*\*You can experiment by adding different flavor combinations based on your nutritional plan including: dates, walnuts, lemon poppyseed, dried cranberries with white chocolate chips, cinnamon raisin, and orange dark chocolate chip.