

# Pancake Muffins

## Ingredients:

- 1/3 cup milk or unsweetened almond milk
- 2 tablespoons unsalted butter, melted
- 1 tablespoon sugar-free maple syrup
- 1 teaspoon vanilla extract
- 1/4 teaspoon apple cider vinegar
- 1 3/4 cups almond flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 3 eggs
- 1/4 cup strawberries, diced
- 1/4 cup blueberries

## Directions

1. Preheat oven to 350°F. Grease 8 muffin cups in a 12-cup muffin tin with cooking spray or line with muffin tin liners. Set aside.
2. Place all of the liquid ingredients except the eggs into a mixer. Then place all the dry ingredients on top. Mix on low 10 – 15 seconds just until well combined. (Batter will be thick.)
3. Add the eggs and mix on low about 15 – 20 seconds, then increase to high and blend 20 – 30 seconds, until eggs are incorporated into the batter. (Do not overmix or muffins will not be tender.)
4. Fold in the berries. Evenly divide batter among the greased muffin cups.
5. Bake for 15 to 18 minutes, until slightly golden brown on top and a toothpick inserted into center comes out clean.
6. Remove from oven and allow muffins to cool 2 – 3 minutes in the tin. Then run a knife around the edges of each cup and invert the pan over a sheet of parchment to remove.

Note: Store in the fridge for 3 – 4 days.

## Nutrition Facts

Serving Size 1 muffin (70g)  
Servings Per Container 8

Amount Per Serving

**Calories 160**      **Calories from Fat 40**

**% Daily Value\***

**Total Fat 4.5g**      **7%**

**Saturated Fat 2g**      **10%**

**Trans Fat 0g**

**Cholesterol 65mg**      **22%**

**Sodium 170mg**      **7%**

**Total Carbohydrate 23g**      **8%**

**Dietary Fiber 1g**      **4%**

**Sugars 1g**

**Protein 5g**

**Vitamin A 6%**      • **Vitamin C 6%**

**Calcium 0%**      • **Iron 8%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

