

🫐 LAVENDER - INFUSED BLUEBERRY MUFFINS 🫐

A perfect way to relax and unwind.



Ingredients:

- 1 1/2 cups plain (all-purpose) flour
- 1/2 cup almond flour
- 1/2 cup sugar (or honey or sweetener of your choice)
- 1 tbsp Lavender buds (dried)
- 2 tsp baking powder
- 1/2 tsp salt
- 1/2 cup milk (or non-dairy milk)
- 1/4 cup melted coconut oil (not hot)
- 1 large egg
- 1 tsp vanilla extract
- 1 cup fresh or frozen blueberries
- 1 tbsp Lemon zest (optional for extra brightness)

Tip: If using gluten-free flour make sure it includes xanthan gum)

Instructions:

1. Preheat your oven to 350°F (175°C) and line a muffin tin with paper liners.
2. In a bowl, mix the flour, almond flour, sugar, dried Lavender buds, baking powder, and salt.
3. In a separate bowl, whisk together the milk, melted coconut oil, egg, and vanilla extract.
4. Slowly add the wet ingredients to the dry ingredients, stirring until just combined. Gently fold in the blueberries and lemon zest (if using).
5. Spoon the batter into the muffin tin, filling each cup about 2/3 full.
6. Bake for 20-25 minutes, or until a toothpick comes out clean when inserted into the center.
7. Let cool slightly before enjoying these calming, sweet treats!