

# Lemon Poppy Seed Muffins

Makes 18-20 mini muffins

## Ingredients:

- ¼ cup coconut flour
- ¼ teaspoon salt
- ¼ teaspoon baking soda
- 3 eggs
- ¼ cup honey
- ¼ cup grape seed oil
- 1 Tablespoon zest of lemon peel
- 1 Tablespoon poppy seeds

## Instructions

Combine coconut flour, salt, and baking soda and set aside.

In a large bowl, blend together eggs, honey, oil, and lemon zest. Blend dry ingredients into the egg mixture. Fold in poppy seeds.

Spoon one scant Tablespoon of batter into each greased mini muffin cup. Bake at 350 degrees for 8 to 10 minutes.

