



TREAT  
OF  
THE  
WEEK

## GLUTEN & LACTOSE FREE BERRY MUFFINS

### INGREDIENTS

- 85g coconut oil
- 2 large organic eggs
- 200 ml almond milk
- 140g raw organic sugar
- 250g gluten free flour
- 1 tsp baking powder
- 1 tsp baking soda
- frozen berries of your choice and choice chips

### PREPARATION

1. Preheat the oven to 180°C and prepare all the ingredients.
2. In a big bowl combine coconut oil with sugar and eggs, then add milk and combine again.
3. Add flour with baking powder and soda and mix well until you get a smooth batter. Add a few splashes of almond milk if needed and if you have a sourdough starter, its great to add 2 Tbsp of it.
4. With a spoon, start to pour the batter in a muffin mold with paper cups, fill 3/4 of each cup, because they will grow in the oven. Top with a few frozen berries in each of them and coco chips if you want.
5. Bake for about 30min, or until they are nice and golden on the top.