



## Gluten Free Lemon Poppyseed Muffins

Gluten-Free, Grain-Free, Nut-Free

Recipe By @damvxf

### Ingredients

- $\frac{3}{4}$  cup organic sugar (or equal parts coconut sugar/maple sugar mix)
- $\frac{1}{2}$  cup butter, or ghee, softened
- 2 egg yolks
- 1  $\frac{1}{2}$  teaspoon lemon juice
- 1 teaspoon grated lemon zest
- 1  $\frac{1}{2}$  cups **Otto's Naturals – Cassava flour**
- 1 teaspoon baking powder
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{2}$  teaspoon salt
- $\frac{3}{4}$  cup to 1 cup full fat coconut milk or regular milk
- 1 tablespoon white vinegar or lemon juice
- 2 tablespoons poppy seeds
- 2 egg whites, beaten to stiff peaks

### Instructions

1. Preheat oven to 350 degrees Fahrenheit. Prepare a muffin pan with liners.
2. In a small bowl, combine coconut milk and vinegar. Stir and let sit for 10 minutes.
3. In a large bowl, cream together the sugar and butter, until fluffy. Add in the egg yolks and mix thoroughly. Stir in lemon juice and zest.
4. In a separate bowl, combine **Otto's Naturals – Cassava flour**, baking powder, baking soda, and salt.
5. Slowly add milk mixture and flour mixture to the large bowl of ingredients. When mixed, stir in poppy seeds.
6. Fold in the beaten egg whites. Fill muffin pan and bake for about 15-18 minutes.