

Lemon Oatmeal Lion's Mane Muffins Recipe

These low-sugar summery muffins are packed with health-boosting nutrients making them the perfect guilt-free treat to snack on or have with any meal!

Bonus: Can be easily modified to fit gluten-free or dairy-free needs!

Prep Time: 15 minutes

Bake Time: 20-25 minutes

Total Time: 40-50 minutes

Servings: 6 jumbo muffins or 12 regular-size muffins



INGREDIENTS

- 1-¾ cup oat flour
- ½ teaspoon baking soda
- Pinch of salt (or salt substitute)
- 2 eggs
- ½ cup honey
- ½ cup coconut oil melted and cooled
- ¼ cup milk of choice
- 1 teaspoon vanilla extract
- 2 tablespoons lemon juice
- Zest of 1 lemon
- 2 tablespoon chia seeds
- 12 capsules MyPure™ Lion's Mane

INSTRUCTIONS

1. Preheat oven to 350 F and spray a 6-cup muffin pan with nonstick spray or use muffin liners. Set aside.
2. Combine the oat flour, baking soda, salt, and the powder from the MyPure™ Lion's Mane capsules together in a small mixing bowl.
3. In a separate large mixing bowl, blend the eggs with coconut oil, honey, vanilla extract, milk, lemon juice and lemon zest.
4. Add dry ingredients to the wet ingredients. Stir a few times using a spatula. Add in the chia seeds. Fold everything together gently just until combined.
5. Spoon the batter into muffin liners, filling them all the way to the top. Lightly sprinkle them with coconut sugar and lemon zest if desired.
6. Bake for 20-25 minutes or until a toothpick inserted in the center comes out clean.
7. Allow the muffins to cool for 5 minutes in the muffin pan, then transfer to a cooling rack to continue cooling.
8. Serve and enjoy!