

Raspberry Lemon Poppyseed Muffins

These delicious muffins have a bright lemony flavor complemented perfectly by the natural sweetness of raspberries. The muffins are lower glycemic than most muffins since almond flour is used instead of white flour, plus they're naturally sweetened with a small amount of maple syrup or honey.

Prep Time: 10 minutes Cook Time: 20-22 minutes Makes 12 muffins

Ingredients

- 2 cups plus 2 tablespoons firmly packed almond flour
- 1.5 tablespoons poppyseeds
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon fine sea salt
- 4 eggs
- ½ cup maple syrup or honey
- ¼ cup extra-virgin olive oil
- 1 tablespoon grated lemon zest
- 1 teaspoon lemon extract
- 1 ½ cups fresh raspberries, halved or quartered



Instructions

1. Preheat the oven to 350 degrees Fahrenheit. Line a muffin tin with muffin cups.
2. In a large bowl, combine almond flour, poppyseeds, baking powder, baking soda, and salt. Whisk to blend.
3. Crack eggs into a medium bowl and whisk together. Add the maple syrup or honey, olive oil, lemon zest, and lemon extract, then whisk again until well-combined.
4. Pour the wet ingredients into the almond meal mixture and stir until most lumps are gone. Gently fold in the halved or quartered raspberries.
5. Pour batter evenly into the prepared muffin pan, filling each cup about $\frac{3}{4}$ of the way full. Bake for 20-22 minutes until golden brown. The center will be firm to the touch and a toothpick will come out clean.
6. Remove from the oven and place on a cooling rack.
7. Store any remaining muffins in the refrigerator, covered, for up to 5 days. You can also freeze them in a sealed container or Ziplock bag for up to 3 months.

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