

Delightful Blueberry Muffins

MUFFIN INGREDIENTS:

1 1/2 cups GF flour
3/4 cup blanched almond flour
1/4 teaspoon sea salt
1/2 teaspoon baking soda
1/2 teaspoon baking powder
2 large eggs
1/2 cup avocado oil
1/2 cup Swerve granular sugar replacement (Erythritol)
1/2 cup coconut sugar
1/4 cup half & half
1 teaspoon vanilla extract
1 1/4 cups frozen Triple Delight Blueberries

TOPPINGS INGREDIENTS:

3 tablespoons softened unsalted butter
1/3 cup GF flour
2 tablespoons blanched almond flour
3 tablespoons Swerve granular sugar replacement (Erythritol)
1/8th teaspoon vanilla extract

DIRECTIONS

1. Preheat oven to 375 degrees and grease 10 cupcake tins.
2. In large mixing, combine gf flour, almond flour, salt, baking soda and baking powder. Stir to combine. In separate medium-sized bowl, add eggs, avocado oil, swerve, coconut sugar, half & half, and vanilla extract. Whisk until combined.
3. Add wet ingredients to dry and fold until combined. Gently fold in blueberries – try to stir sparingly, ensuring that your berries don't crush.
4. Fill cupcake pan with the batter; about to the top of each cup, a little over 1/3 cup each.
5. In a small bowl, combine all crumble ingredients and use your hands to mix into a crumble. Evenly place crumble over muffins, pushing very gently into the batter, about 1 tablespoon for each muffin.
6. Bake muffins for 27 minutes, allow to cool 15 minutes before removing from the tins, then place on cooling rack.
7. Enjoy!

