

Coconut Muffins

Andrea's note: These muffins have no added sugars of any kind, and the healthy fats from the coconut milk ensure a low glycemic index---meaning they won't spike blood sugar.

Ingredients

1 can coconut milk + 1 mini can coconut milk (Thai Kitchen brand makes these two sizes)
1 tablespoon water
1 +¼ cups brown rice flour, coconut flour, green pea or any combo of these (note: pure coconut flour will have a more crumbly texture; a blend of coconut and rice flour gives best texture).

2 cups shredded unsweetened coconut
¾ teaspoon salt

15-20 mini-scoops (¼ tsp) of powdered stevia extract (optional; for sugar-free sweetness)

Coconut oil, for greasing the muffin tray.

Variations:

- Substitute ¼ cup carob/cocoa powder for ¼ cup of the flour.
- Add ¼ tsp natural lemon or vanilla essence.

How to make:

Preheat oven to 375 degrees F (190 degrees C). Grease muffin pans with coconut oil.* *Do NOT use paper cups as the muffins will be hard to separate from the paper.*

Mix together the coconut milk with the water in a mixing bowl. Stir in flour, shredded coconut, stevia and cocoa (if using) and salt. Spoon the mixture into the prepared mini muffin cups.

Bake in the preheated oven until toothpick comes out clean, or the tops are golden brown---about 30 minutes in toaster oven or 40 minutes in a conventional oven.

*this is not necessary if you are using reusable silicone baking cups.

Refrigerate leftovers.