

# Lemon Poppy Seed Muffins

Gluten Free  
Vegan

## INGREDIENTS:

- 2 tbsp lemon zest
- 1/3 cup lemon juice
- 2 flax "eggs"
- 3/4 cup unsweetened applesauce
- 1/4 cup Cocovie Naturals melted coconut oil
- 1/3 cup Cocovie Naturals coconut sugar
- 1 tsp lemon extract
- 1/4 cup almond or coconut milk
- 1/4 cup agave syrup
- 1.5 tsp aluminum free baking soda
- 1 tbsp poppy seeds
- 1/2 cup rolled gluten free oats
- 1/2 cup almond meal
- 1 cup gluten free flour
- 1/2 tsp sea salt

## DIRECTIONS:

1. Preheat oven to 375 degrees Fahrenheit.
2. Line baking pans with paper cups.
3. Prepare flax eggs by mixing 2 tbsp ground flax and 4 tbsp water. Set aside to thicken for 5 minutes.
4. Add flax seed mixture to melted coconut oil, applesauce, lemon juice, zest, almond milk, agave, baking soda, and salt. Whisk until it foams up!
5. Add flour, almond meal and oatmeal. Combine until just mixed.
6. Divide batter equally.
7. Bake in the middle rack for approximately 20 minutes! COOL! Top with Cocovie Naturals spreads!

