



Muffins, Biscuits & Scones

Welcome!

If you've been told to "cut out baked goods" because of your blood sugar—or you've noticed muffins and scones leave you hungry, tired, or craving more—these recipes are for you!

These recipes aren't "cheats" or "treats you regret later." When paired correctly, they can absolutely fit into a blood-sugar-friendly lifestyle.

Protein Pairing

On their own, baked goods—yes, even healthier ones—are mostly carbs. Carbs without enough **protein and fat** can spike blood sugar, trigger cravings, and leave you hungry an hour later.

That's why every recipe in this book encourages you to **pair your muffin, biscuit, or scone with protein**. Think of the baked goods as *part of* the snack, not the whole snack.

Simple protein pairing ideas include:

- Greek yogurt
- Handful of nuts/seeds
- Nut or seed butter
- Protein smoothies

No Perfection Required

You don't need to count calories, eat tiny portions, or follow rigid rules. These recipes are meant to be **flexible and realistic**. Swap ingredients for ones you prefer.

Enjoying baked goods does *not* mean you're sabotaging your health. When you combine the right ingredients, the right pairings, and a supportive mindset, muffins, biscuits, and scones can be part of a nourishing routine that works *with* your blood sugar—not against it.

Happy Baking!



Morning Glory Muffins

9 servings

40 minutes

Ingredients

- 1 cup Almond Flour
- 1 cup Oats
- 1/2 tsp Cinnamon
- 1/4 tsp Sea Salt
- 3 tbsps Extra Virgin Olive Oil
- 1/4 cup Maple Syrup
- 2 Egg
- 1/4 cup Unsweetened Almond Milk
- 2 Carrot (grated)
- 1 Banana (ripe and mashed)

Nutrition

Amount per serving	
Fat	13g
Carbs	19g
Fiber	3g
Protein	6g

Directions

- 1 Preheat the oven to 375°F (191°C). Line a muffin tray with liners.
- 2 In a bowl, combine flour, cinnamon, salt, and oats. Mix well.
- 3 In a separate bowl, combine oil, maple syrup, egg, almond milk, carrot and banana. Mix well.
- 4 Combine the wet and dry ingredients and mix well.
- 5 Use a measuring cup to measure even amounts of mixture into the muffin liners. Place in the oven and bake for 30 minutes.
- 6 Remove from oven. Let cool and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Freeze for up to two months.

Additional Toppings: Honey or butter.



Lemon Raspberry Muffins

8 servings

30 minutes

Ingredients

- 1 cup Almond Flour
- 1/8 tsp Baking Soda
- 1/8 tsp Salt
- 3 Egg (large)
- 1/4 cup Butter (melted)
- 1 tbsp Lemon Zest
- 1 tbsp Sugar
- 1 cup Frozen Raspberries

Nutrition

Amount per serving	
Fat	15g
Carbs	7g
Fiber	2g
Protein	6g

Directions

- 1 In a food processor, pulse almond flour, baking soda, and salt. Pulse in eggs, butter, lemon zest, and sugar for 20 seconds. Stir in raspberries by hand.
- 2 Divide batter between 8 paper lined muffin cups. Bake at 350°F for 30 minutes. Cool 30 minutes. Serve

Notes

No Raspberries: Use blueberries, blackberries or chopped strawberries.

Storage: Store in an air-tight container at room temperature for up to 3 days or freeze.



Zucchini Carrot Souffle Muffins

10 servings

45 minutes

Ingredients

1/4 cup Maple Syrup (or honey)
4 Egg (separated)
1/4 cup Butter (melted)
1 tsp Vanilla Extract
1 cup Almond Flour
1/4 cup Coconut Flour
1 1/2 tsp Baking Powder
1 tbsp Ground Flax Seed
1 tbsp Hemp Seeds
1/4 tsp Sea Salt
1 Carrot (grated)
1 Zucchini (grated)

Nutrition

Amount per serving	
Fat	13g
Carbs	11g
Fiber	3g
Protein	6g

Directions

- 1 Preheat the oven to 350°F (177°C). Grease a muffin tray or use a silicone muffin tray.
- 2 In a bowl, whisk together maple syrup (or honey), egg yolks, melted butter and vanilla extract.
- 3 Add dry ingredients to the wet mixture and combine thoroughly.
- 4 Add grated carrot and zucchini. (Note: If too wet, add more coconut flour. If too dry, add 1 tbsp of warm water at a time.)
- 5 Using a handheld or stand mixer, whisk egg whites until stiff peaks form. Gently fold egg whites into batter.
- 6 Scoop batter into the prepared muffin tray and bake for 35 minutes or until a toothpick comes out clean. Let cool before serving. Enjoy!

Notes

Make it as a Loaf: Line a loaf pan with parchment paper and bake it as a loaf instead of muffins.



Apple Spice Muffins

12 servings

40 minutes

Ingredients

- 1 1/4 cups Almond Flour
- 1/4 cup Coconut Flour
- 1 tsp Cinnamon
- 1/2 tsp Nutmeg
- 1/2 tsp Baking Soda
- 1/4 tsp Sea Salt
- 2 Apple (cored and finely diced)
- 4 Egg (whisked)
- 1/4 cup Butter (melted)
- 1/4 cup Maple Syrup (or honey)
- 1/3 cup Unsweetened Almond Milk

Nutrition

Amount per serving	
Fat	12g
Carbs	13g
Fiber	3g
Protein	5g

Directions

- 1 Preheat the oven to 350°F (177°C) and line a muffin tray with liners or use a silicone muffin tray.
- 2 Combine the almond flour, coconut flour, cinnamon, nutmeg, baking soda, and sea salt in a large mixing bowl and mix well. Add in the apples, eggs, butter, maple syrup (or honey) and almond milk. Stir until all ingredients are evenly distributed then divide into the prepared muffin tray. (Note: To make them fancy, dice an extra apple and sprinkle it on top of each muffin. Then sprinkle with extra cinnamon.)
- 3 Bake for 25 to 30 minutes. Let cool completely and enjoy!

Notes

No Apples: Use pears instead.



Lemon Blueberry Muffins

12 servings

30 minutes

Ingredients

- 2 cups Almond Flour
- 1/2 tsp Baking Soda
- 1/4 tsp Sea Salt
- 1 Lemon (zest and juice)
- 3 Egg
- 1 Banana (medium, mashed)
- 1/4 cup Honey
- 1 cup Blueberries

Nutrition

Amount per serving	
Fat	11g
Carbs	14g
Fiber	3g
Protein	6g

Directions

- 1 Preheat the oven to 350F (177°C). Line a muffin tray with liners or use a silicone muffin tray.
- 2 In a medium sized bowl whisk together the almond flour, baking soda, sea salt and lemon zest.
- 3 In a large bowl, whisk together the lemon juice, eggs, banana and honey. Add the dry ingredients to the wet and stir to combine. Fold in the blueberries.
- 4 Spoon the batter into the muffin tray and bake for 20 to 24 minutes or until cooked through.
- 5 Remove from oven and let cool. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Banana: One medium banana is equal to 1/2 cup mashed banana.



Blueberry Almond Mini Muffins

12 servings

30 minutes

Ingredients

- 2 1/2 cups Almond Flour
- 1 1/2 tsps Baking Powder
- 1/2 tsp Baking Soda
- 1/4 tsp Sea Salt
- 1 1/4 cups Plain Greek Yogurt
- 2 Egg (large)
- 1/3 cup Sugar
- 1 1/2 tsps Lemon Juice
- 3/4 cup Frozen Blueberries (or fresh)

Nutrition

Amount per serving	
Fat	13g
Carbs	13g
Fiber	3g
Protein	8g

Directions

- 1 Preheat the oven to 325°F (160°C). Grease or line a mini muffin tray or use a mini silicone muffin tray.
- 2 In a small mixing bowl, whisk together the almond flour, baking powder, baking soda, and salt.
- 3 In a large mixing bowl, whisk together the yogurt, eggs, sugar, and lemon juice. Gently stir in the dry ingredients until incorporated. Fold in the blueberries.
- 4 Transfer the batter to the muffin tray. Bake for 25 minutes, or until golden and a toothpick comes out clean. Enjoy!

Notes

Leftovers: Store in an airtight container for up to three days at room temperature, or freeze if longer.

More Flavor: Add lemon zest and vanilla extract.

Additional Toppings: Add walnuts, pecans, or sliced almonds.

Almond Flour: This recipe was tested using Bob's Red Mill Almond Flour. Please note that if using another brand of almond flour, results may vary.



Protein Berry Oatmeal Cups

12 servings

35 minutes

Ingredients

- 1 Banana (mashed)
- 2 Egg
- 1/4 cup Maple Syrup (or honey)
- 1/2 cup Unsweetened Almond Milk
- 1/2 cup Oat Flour
- 2 cups Oats (rolled)
- 1/4 cup Vanilla Protein Powder
- 1 tsp Baking Powder
- 1 tsp Cinnamon
- 1/4 tsp Sea Salt
- 1 tbsp Butter (melted)
- 1 1/2 cups Frozen Berries (thawed)

Nutrition

Amount per serving	
Fat	3g
Carbs	22g
Fiber	3g
Protein	6g

Directions

- 1 Preheat the oven to 350F (177°C). Line a muffin tray with liners or use a silicone muffin tray.
- 2 Add mashed banana, eggs, maple syrup (or honey) and almond milk to a medium-sized bowl. Mix well.
- 3 In a large bowl, whisk the oat flour, rolled oats, protein powder, baking powder, cinnamon and sea salt. Combine the wet ingredients into the dry then add the melted butter. Mix again until combined.
- 4 Fold the thawed berries into the mixture. Once combined, scoop into the muffin tray and bake for 18 to 20 minutes. Remove, let cool and enjoy!

Notes

Protein Powder: I used Genuine Health Proteins+ in vanilla.

No Frozen Berries: Use fresh berries instead.



Banana & Chocolate Chip Oatmeal Cups

12 servings

35 minutes

Ingredients

- 2 tbsps Butter (melted, divided)
- 2 1/2 cups Oats (rolled)
- 1/4 cup Vanilla Protein Powder
- 1 tsp Baking Powder
- 1 tsp Cinnamon
- 1/4 tsp Sea Salt
- 2 Banana
- 1/4 cup Maple Syrup (or honey)
- 1 tsp Vanilla Extract
- 1/2 cup Milk
- 2 Egg
- 1/3 cup Dark Chocolate Chips

Nutrition

Amount per serving	
Fat	6g
Carbs	25g
Fiber	2g
Protein	6g

Directions

- 1 Preheat the oven to 350F (177°C) and grease a muffin tray with half the butter or use a silicone muffin tray.
- 2 In a medium sized bowl, whisk together the rolled oats, protein powder, baking powder, cinnamon and sea salt.
- 3 In a large bowl, mash the bananas with a fork and then whisk together the maple syrup, vanilla, milk, the remaining butter and eggs. Add the dry ingredients to the wet and stir until fully combined. Gently fold in the chocolate chips.
- 4 Spoon the mixture into the greased muffin tray and bake for 25 minutes. Let them cool and then remove. Serve and enjoy!

Notes

Protein Powder: I used Genuine Health Proteins+ in vanilla.

Additional Topping: Top with almond butter.



Double Chocolate Muffins

12 servings

30 minutes

Ingredients

- 2 cups Almond Flour
- 2/3 cup Sugar
- 1/2 cup Cocoa Powder
- 1 1/2 tsps Baking Powder
- 1/4 tsp Salt
- 1/3 cup Butter (melted)
- 1/2 cup Unsweetened Almond Milk
- 3 Egg (large, room temperature)
- 1/2 tsp Vanilla Extract
- 3/4 cup Dark Chocolate Chips

Nutrition

Amount per serving	
Fat	21g
Carbs	14g
Fiber	3g
Protein	7g

Directions

- 1 Preheat the oven to 350° F. Line a muffin pan with paper liners or silicone muffin liners.
- 2 In a large bowl, stir together the almond flour, sugar, cocoa powder, baking powder and salt.
- 3 Stir in the melted butter and almond milk. Whisk in the eggs and vanilla. Fold in the chocolate chips last. (If you'd like, you can reserve 1/4 cup of the chocolate chips to add on top.)
- 4 Scoop the batter evenly into the muffin cups, filling almost full. If you reserved some chocolate chips in the previous step, sprinkle them on top and press gently into the batter.
- 5 Bake for about 25 minutes, until the tops are golden, and an inserted toothpick comes out clean.



Lemon Poppy Seed Muffins

9 servings

45 minutes

Ingredients

1/2 cup Coconut Flour
1/3 cup Maple Syrup (or honey)
6 Egg
1/3 cup Butter (melted)
1/4 tsp Sea Salt
1 Lemon (zested and juiced)
1 tbsp Poppy Seeds

Nutrition

Amount per serving	
Fat	11g
Carbs	12g
Fiber	2g
Protein	5g

Directions

- 1 Preheat oven to 350°F (177°C) and line a muffin tray with liners.
- 2 In a large mixing bowl, combine coconut flour, maple syrup (or honey), eggs, butter and salt. Stir well to combine. Add in lemon zest, lemon juice and poppy seeds. Mix well.
- 3 Use a ¼ measuring cup to ladle the batter into the muffin tray. Place in oven and bake for 35 minutes.
- 4 Remove from oven and let cool. Enjoy!

Notes

Make it sweeter: Serve with a drizzle of honey.



Pumpkin Chocolate Chip Muffins

12 servings

30 minutes

Ingredients

- 1 cup Pureed Pumpkin
- 2 Eggs
- 1/2 cup Almond Butter
- 1 tsp Vanilla Extract
- 2/3 cup Sugar
- 2 cups Almond Flour
- 2 tsp Pumpkin Pie Spice
- 1 tsp Baking Soda
- 1/4 tsp Salt
- 1/2 cup Chocolate Chips (mini)

Nutrition

Amount per serving	
Fat	19g
Carbs	21g
Fiber	4g
Protein	8g

Directions

- 1 Preheat oven to 350 degrees and line a muffin tin with liners or use non-stick spray. Set aside.
- 2 In a large bowl combine pumpkin, eggs, almond butter, sugar and vanilla. Mix well.
- 3 Now, add almond flour, pumpkin pie spice, baking soda and salt. Stir until just combined.
- 4 Add in chocolate chips.
- 5 Pour batter into muffin in and bake for 25 minutes, or until a toothpick when inserted comes out clean. Allow to cool and enjoy!



Banana Protein Muffins

8 servings

25 minutes

Ingredients

1/3 cup All Purpose Flour
1/3 cup Whole Wheat Flour
2/3 cup Protein Powder
1/2 tsp Baking Powder
1/4 tsp Salt
1 1/2 Banana (large)
1 Egg
1/2 cup Plain Greek Yogurt
1/3 cup Sugar
1/2 tsp Vanilla Extract
1/4 cup Chocolate Chips

Nutrition

Amount per serving	
Fat	4g
Carbs	25g
Fiber	2g
Protein	10g

Directions

- 1 Preheat oven to 400 degrees. Line a muffin tin with paper liners, silicone liners or use non-stick spray.
- 2 In a medium sized bowl combine flours, protein powder, baking powder and salt.
- 3 In a large bowl mash your banana and add yogurt, egg, sugar and vanilla.
- 4 Add flour mixture to the wet ingredients and mix until just combined. Fold in chocolate chips.
- 5 Fill the prepared muffin tin, nearly filling each muffin to the top. This should make 8 muffins.
- 6 Bake muffins at 400 for 18-20 minutes until golden brown and a toothpick inserted comes out clean.
- 7 Allow to cool fully and enjoy!

Notes

Protein Powder: I used Genuine Health Proteins+ in vanilla.



Orange Blueberry Muffins

12 servings

40 minutes

Ingredients

- 1 3/4 cups Whole Wheat Flour
- 1 tsp Baking Powder
- 1 tsp Baking Soda
- 1/8 tsp Sea Salt
- 2 Egg
- 1/2 cup Plain Greek Yogurt
- 1/2 cup Maple Syrup (or honey)
- 1 Navel Orange (medium, juiced, zested)
- 2 tbsps Extra Virgin Olive Oil
- 1 cup Blueberries (plus more to add on top)

Nutrition

Amount per serving	
Fat	4g
Carbs	26g
Fiber	3g
Protein	4g

Directions

- 1 Preheat the oven to 350°F (175°C) and line a muffin tray with muffin liners.
- 2 In a bowl, combine the flour, baking powder, baking soda, and sea salt.
- 3 In another bowl, whisk the eggs. Mix in the yogurt, maple syrup, orange juice, orange zest, and oil. Pour the wet ingredients into the dry ingredients and mix until well combined. Fold in the blueberries.
- 4 Fill each muffin cup approximately 3/4 full. Add a few more blueberries to each and lightly press them into the batter.
- 5 Bake for 15 to 18 minutes or until firm to the touch and a toothpick inserted comes out clean. Let the muffins cool in the pan for 10 minutes before removing and transferring to a cooling rack to cool completely. Enjoy!

Notes

Leftovers: Store in an airtight container on the counter for up to three days. Freeze for up to three months.

No Fresh Blueberries: Use frozen blueberries instead.



Chocolate Chip Protein Muffins

8 servings

30 minutes

Ingredients

3/4 cup Vanilla Protein Powder
1/2 cup Almond Flour
1 tsp Baking Powder
1/4 tsp Sea Salt
1/2 cup All Natural Peanut Butter
3 Banana (mashed)
2 tbsps Maple Syrup (or honey)
3/4 cup Dark Chocolate Chips

Nutrition

Amount per serving	
Fat	20g
Carbs	31g
Fiber	3g
Protein	14g

Directions

- 1 Preheat the oven to 350°F (175°C) and line a muffin tray with liners or use a silicone muffin tray.
- 2 In a large bowl, whisk together the protein powder, almond flour, baking powder, and salt.
- 3 Add the peanut butter, banana, and maple syrup (or honey) and stir with a spatula until combined. Fold in the chocolate chips.
- 4 Divide the batter evenly between muffin cups. Bake for 13 to 15 minutes or until firm to the touch and a toothpick inserted comes out clean. Let the muffins cool in the pan for 10 to 15 minutes before removing and transferring to a cooling rack to cool completely. Enjoy!

Notes

Protein Powder: I used Genuine Health Proteins+ in vanilla.

Additional Toppings: Add chopped walnuts.

No Banana: Use unsweetened applesauce instead.



Chocolate Protein Muffins

6 servings

30 minutes

Ingredients

- 1 cup Milk
- 1/4 cup Plain Greek Yogurt
- 1 tsp Apple Cider Vinegar
- 2 tsps Vanilla Extract
- 1 cup Oat Flour
- 1/3 cup Chocolate Protein Powder
- 1/3 cup Cocoa Powder
- 1/2 cup Sugar
- 1 tsp Baking Powder
- 1/2 tsp Sea Salt
- 1/4 cup Butter (melted)
- 1/3 cup Dark Chocolate Chips

Nutrition

Amount per serving	
Fat	15g
Carbs	38g
Fiber	4g
Protein	12g

Directions

- 1 Preheat the oven to 350°F (175°C). Line a muffin tray with liners or use a silicone muffin tray.
- 2 In a large bowl, combine the milk, yogurt, apple cider vinegar, and vanilla. Let sit for five minutes.
- 3 In a medium-sized bowl, whisk together the flour, protein powder, cocoa powder, sugar, baking powder, and salt.
- 4 Add the melted butter to the wet ingredients and stir.
- 5 Stir the dry ingredients into the wet and mix until well combined. Fold in the chocolate chips.
- 6 Divide the batter evenly between muffin cups. Bake for 20 minutes or until firm to the touch. Transfer the muffins to a cooling rack to cool them completely. Enjoy!

Notes

Protein Powder: I used Genuine Health Proteins+ in chocolate.



Mini Strawberry Banana Muffins

10 servings

25 minutes

Ingredients

- 1 Egg (large, whisked)
- 1/3 cup Extra Virgin Olive Oil
- 1/3 cup Sugar
- 1 tsp Vanilla Extract
- 1 Banana (large, mashed)
- 5 1/4 ozs Unbleached All Purpose Flour
- 2 tsps Baking Powder
- 1/4 tsp Sea Salt
- 1/2 cup Frozen Strawberries

Nutrition

Amount per serving	
Fat	8g
Carbs	20g
Fiber	1g
Protein	2g

Directions

- 1 Preheat the oven to 350°F (175°C). Grease a mini muffin tray.
- 2 Using a stand or hand mixer, whisk the egg, oil, sugar, vanilla extract, and banana in a large bowl until mostly smooth.
- 3 In a medium-sized bowl, combine the flour, baking powder, and sea salt. Slowly add the dry mixture to the wet and mix until just combined. Stir in the strawberries.
- 4 Divide the batter between the muffin cups. Bake for 18 to 20 minutes or until the muffins are done, and a toothpick comes out clean.
- 5 Let the muffins cool on a cooling rack for ten minutes before serving. Enjoy!

Notes

Leftovers: Store in an airtight container on the counter for three days. Freeze for up to three months.

More Flavor: Add chopped walnuts.



Peanut Butter & Jelly Muffins

12 servings

30 minutes

Ingredients

- 3 Banana (mashed)
- 2 Egg
- 1/2 cup Peanut Butter
- 1/4 cup Maple Syrup (or honey)
- 3 tbsps Butter (melted)
- 2 tsps Vanilla Extract
- 1 1/4 cups Oat Flour
- 1 tbsp Baking Powder
- 1/2 tsp Sea Salt
- 3 tbsps Strawberry Jam

Nutrition

Amount per serving	
Fat	10g
Carbs	24g
Fiber	3g
Protein	6g

Directions

- 1 Preheat the oven to 350°F (175°C). Line a muffin tray with liners or use a silicone muffin tray.
- 2 Add the banana, egg, peanut butter, maple syrup (or honey), butter and vanilla to a large bowl. Mix well until fully combined.
- 3 Add the oat flour, baking powder, and salt and mix with a spatula until just combined. Do not over-mix.
- 4 Divide the batter between muffin cups. Dollop the jam in the center of each muffin and use a toothpick or a butter knife to create a swirl.
- 5 Bake for 23 to 26 minutes or until firm to the touch. Transfer the muffins to a cooling rack to cool completely. Enjoy!

Notes

No Peanut Butter: Use almond butter instead.



Chocolate Pumpkin Muffins

12 servings

35 minutes

Ingredients

- 1 tbsp Ground Flax Seed
- 3 tbsps Water
- 1 cup Pureed Pumpkin
- 1/4 cup Unsweetened Almond Milk
- 1/3 cup Sugar
- 1/4 cup Butter (melted)
- 1 1/3 cups Oat Flour
- 1/2 cup Cocoa Powder
- 2 tpsps Pumpkin Pie Spice
- 1 tsp Baking Powder
- 1/2 tsp Baking Soda
- 1/4 tsp Sea Salt
- 1/2 cup Dark Chocolate Chips
- 1/2 cup Walnuts (chopped)

Nutrition

Amount per serving	
Fat	12g
Carbs	23g
Fiber	4g
Protein	5g

Directions

- 1 Preheat the oven to 350°F (177°C) and line a muffin tray with liners or use a silicone muffin tray.
- 2 In a large bowl combine the ground flax and water. Let it sit for five minutes or until thickened.
- 3 To the same bowl, add the pumpkin, milk, sugar, and butter. Mix until smooth. Then add the oat flour, cocoa powder, pumpkin pie spice, baking powder, baking soda, and salt. Stir well until combined. Fold in the chocolate chips and chopped walnuts.
- 4 Fill each muffin liner about 3/4 full and place in the oven to bake for 22 to 25 minutes, until cooked through. Remove from the oven and let cool before serving or storing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Place in an airtight freezer bag for up to two months.



Mini Banana Muffins

15 servings

30 minutes

Ingredients

2 Banana
1/2 cup Unsweetened Almond Milk
2 cups Almond Flour
3 Egg
2 tsp Baking Powder

Nutrition

Amount per serving	
Fat	9g
Carbs	7g
Fiber	2g
Protein	5g

Directions

- 1 Preheat oven to 350°F (177°C). Prepare silicone mini muffin cups on a tray, or use a mini silicone muffin tray.
- 2 In a mixing bowl, mash the bananas with a fork and combine with the remaining ingredients. Pour the batter into the cups and bake for 20 to 25 minutes or until a toothpick comes out clean.
- 3 Remove from oven and let cool. Enjoy!

Notes

Almond Flour: This recipe was tested using Bob's Red Mill Almond Flour. Please note that if using another brand of almond flour, results may vary.

Extra Toppings: Top with chia seeds, walnuts or hemp seeds.

Storage: Refrigerate in an airtight container up to 3 to 5 days and reheat in the microwave for 10 to 12 seconds.



Cranberry Walnut Muffins

12 servings

30 minutes

Ingredients

- 2 cups Oat Flour
- 1 tsp Baking Powder
- 1/2 tsp Baking Soda
- 1/2 tsp Sea Salt
- 3/4 cup Maple Syrup (or honey)
- 1/2 cup Butter (melted and cooled slightly)
- 2 Egg (room temperature)
- 3/4 cup Plain Greek Yogurt
- 1/4 Navel Orange (small, juiced, plus zest from one orange)
- 2 tsps Vanilla Extract
- 1 1/2 cups Frozen Cranberries (fresh or frozen, not thawed)
- 3/4 cup Walnuts (chopped, toasted)

Nutrition

Amount per serving	
Fat	15g
Carbs	30g
Fiber	3g
Protein	7g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a muffin tray with liners or use a silicone muffin tray.
- 2 In a large bowl, whisk together the flour, baking powder, baking soda, and salt. Set aside.
- 3 In a medium bowl, whisk together the maple syrup (or honey), butter, eggs, yogurt, orange juice, orange zest, and vanilla.
- 4 Pour the wet ingredients into the dry and mix with a spatula until just combined. Some lumps are ok. Fold in the cranberries and walnuts.
- 5 Divide the batter evenly into the prepared muffin cups. Bake for 15 to 18 minutes or until firm to the touch and a toothpick inserted comes out clean. Let the muffins cool in the tray for 10 to 15 minutes before removing and transferring them to a cooling rack to cool completely. Enjoy!

Notes

More Flavor: Add cinnamon to the dry ingredients.



Cinnamon & Ginger Pear Muffins

12 servings

35 minutes

Ingredients

- 1 1/4 cups Unsweetened Almond Milk
- 2 tsp Lemon Juice
- 11 ozs Unbleached All Purpose Flour
- 1/2 cup Brown Sugar
- 2 tsp Baking Powder
- 1 tsp Cinnamon
- 1/2 tsp Ground Ginger
- 1/4 tsp Sea Salt
- 1/3 cup Butter (melted)
- 1 tsp Vanilla Extract
- 2 Pear (medium, finely diced)

Nutrition

Amount per serving	
Fat	6g
Carbs	34g
Fiber	2g
Protein	3g

Directions

- 1 Preheat the oven to 350°F (175°C) and line a muffin tray with liners.
- 2 Combine the milk and lemon juice in a small bowl and set aside.
- 3 In a large bowl mix together the flour, sugar, baking powder, cinnamon, ginger, and salt.
- 4 Add the milk mixture, butter, and vanilla to the dry ingredients and stir with a spatula until just combined. Do not over mix. Fold in the pears.
- 5 Divide the batter evenly between muffin cups. Bake for 22 to 25 minutes or until firm to the touch and a toothpick inserted comes out clean. Let the muffins cool in the pan for 10 to 15 minutes before removing and transferring to a cooling rack to cool completely. Enjoy!



Chocolate Chip Zucchini Bread Muffins

12 servings

40 minutes

Ingredients

- 1/3 cup Butter (melted)
- 1/2 cup Maple Syrup (or honey)
- 1/3 cup Plain Greek Yogurt
- 2 Egg
- 2 tsp Vanilla Extract
- 1 Zucchini (medium, grated)
- 1 3/4 cups All Purpose Flour
- 1 tsp Baking Powder
- 1 tsp Baking Soda
- 1/2 tsp Sea Salt
- 3/4 cup Dark Chocolate Chips

Nutrition

Amount per serving	
Fat	11g
Carbs	37g
Fiber	4g
Protein	4g

Directions

- 1 Preheat the oven to 350°F (175°C). Line a muffin tray with liners or use a silicone muffin tray.
- 2 In a large bowl mix together the butter, maple syrup (or honey), yogurt, eggs, and vanilla. Add the zucchini and stir to combine.
- 3 Add the flour, baking powder, baking soda, and salt. Mix until just combined and then fold in the chocolate chips.
- 4 Divide the batter evenly between muffin cups. Bake for 22 to 25 minutes, or until firm to the touch and a toothpick inserted comes out clean. Let the muffins cool in the tray for 10 to 15 minutes before removing and transferring to a cooling rack to cool completely. Enjoy!



Zucchini Carrot Muffins

12 servings

40 minutes

Ingredients

8 ozs Unbleached All Purpose Flour
 2 tsps Baking Powder
 1/4 tsp Sea Salt
 2 Egg
 1/2 cup Plain Greek Yogurt
 1/2 cup Maple Syrup (or honey)
 1/4 cup Unsweetened Almond Milk
 2 tbsps Extra Virgin Olive Oil
 1 tsp Vanilla Extract
 2 Carrot (medium, shredded)
 1 Zucchini (medium, shredded, drained)

Nutrition

Amount per serving	
Fat	4g
Carbs	26g
Fiber	1g
Protein	4g

Directions

- 1 Preheat the oven to 350°F (175°C) and line a muffin tray with muffin liners.
- 2 Meanwhile, in a large bowl, combine the flour, baking powder, and salt.
- 3 In another bowl, whisk the eggs. Add the yogurt, maple syrup (or honey), almond milk, butter and vanilla extract and whisk until well combined. Add the wet ingredients to the dry ingredients and mix well. Fold in the shredded carrot and zucchini.
- 4 Divide the batter evenly between muffin cups, filling them each about 3/4 full. Bake for 15 to 18 minutes or until firm to the touch and a toothpick inserted comes out clean. Let the muffins cool in the pan for 10 minutes before removing and transferring to a cooling rack to cool completely. Enjoy!

Notes

No Almond Milk: Use another milk of your choosing.

Flour Measurement: Eight ounces of flour is 1 3/4 cups.



Chocolate Chip Banana Bread Muffins

12 servings

30 minutes

Ingredients

3 Banana (mashed until smooth)
1 Egg
1/3 cup Plain Greek Yogurt
2 tbsps Butter (melted)
1/2 cup Maple Syrup (or honey)
1 tsp Vanilla Extract
1 tsp Baking Soda
1/4 tsp Sea Salt
1 1/2 cups All Purpose Flour
1/2 cup Dark Chocolate Chips
1/2 cup Walnuts (chopped)

Nutrition

Amount per serving	
Fat	9g
Carbs	38g
Fiber	4g
Protein	4g

Directions

- 1 Preheat the oven to 350°F (175°C). Line a muffin tray with liners or use a silicone muffin tray.
- 2 Add the banana, egg, yogurt, butter, maple syrup (or honey), and vanilla to a large bowl. Mix well to combine.
- 3 Add the baking soda, salt, and flour. Use a spatula to mix until just combined. Gently fold in the chocolate chips and chopped walnuts. Do not over-mix.
- 4 Divide the batter evenly between muffin cups. Bake for 20 to 24 minutes or until firm to the touch. Transfer the muffins to a cooling rack to cool completely. Enjoy!

Notes

More Flavor: Add cinnamon.



Flourless Chocolate Peanut Butter Muffins

9 servings

40 minutes

Ingredients

3 Banana (medium, ripe, mashed)
3 Egg
1/3 cup Maple Syrup (or honey)
1/2 tsp Vanilla Extract
3 tbsps Butter
1/2 tsp Sea Salt
1 cup All Natural Peanut Butter (divided)
1/2 tsp Baking Soda
1 tsp Baking Powder
1/2 cup Cacao Powder

Nutrition

Amount per serving	
Fat	22g
Carbs	26g
Fiber	4g
Protein	10g

Directions

- 1 Preheat the oven to 375°F (190°C). Line a muffin tray with liners or use a silicone muffin tray.
- 2 Mix the mashed banana and egg together. Using a hand mixer or stand mixer is best, but a whisk will also work. Slowly add the maple syrup (or honey) and vanilla and continue mixing. Next, add the butter until an even consistency is achieved.
- 3 Add the salt and 3/4 of the peanut butter. Continue to mix, then add the baking soda and baking powder. Slowly add the cacao powder. Continue to mix until a pancake batter-like consistency is achieved.
- 4 Fill each muffin liner with the batter, approximately 1/3 cup each. Add the remaining peanut butter onto the top of each muffin and if desired, swirl with a toothpick.
- 5 Bake in the oven for 25 minutes or until muffin tops are firm. Remove from the oven, allow to cool in the muffin tin for 10 minutes before removing. Enjoy!



Blueberry Oat Muffins

12 servings

40 minutes

Ingredients

- 2 cups Oats (rolled)
- 1/2 cup Unsweetened Shredded Coconut
- 2 tbsps Hemp Seeds
- 1 tsp Cinnamon
- 1 tsp Baking Powder
- 2 Egg
- 1/4 cup Unsweetened Almond Milk
- 1 tsp Vanilla Extract
- 1/4 cup Maple Syrup (or honey)
- 1 cup Blueberries (fresh)

Nutrition

Amount per serving	
Fat	5g
Carbs	17g
Fiber	2g
Protein	4g

Directions

- 1 Preheat the oven to 375°F (190°C) and line a muffin tray with liners or use a silicone muffin tray.
- 2 In a large mixing bowl combine the oats, shredded coconut, hemp seeds, cinnamon and baking powder. Mix together until evenly combined.
- 3 In a separate mixing bowl, whisk the eggs, almond milk, vanilla and maple syrup (or honey). Add the egg mixture to the dry ingredients and mix until combined. Fold in the blueberries.
- 4 Divide the batter between the muffin tray and bake for 25 to 30 minutes or until the muffins are golden brown around the edges. Let the muffins cool in the pan for 5 minutes before transferring to a cooling rack to cool completely. Enjoy!

Notes

Additional Toppings: Top with shaved almonds or pecans.

No Blueberries : Use strawberries or raspberries instead.



Chocolate Zucchini Muffins

12 servings

30 minutes

Ingredients

2 cups Almond Flour
1/4 cup Cocoa Powder
1/4 tsp Sea Salt
1/4 tsp Baking Soda
1/4 cup Extra Virgin Olive Oil
1/4 cup Maple Syrup (or honey)
3 Egg
1 Zucchini (medium, grated)

Nutrition

Amount per serving	
Fat	15g
Carbs	10g
Fiber	3g
Protein	6g

Directions

- 1 Preheat the oven to 350°F (177°C) and line a muffin tray with liners. Brush each liner with a small amount of coconut oil or use a silicone muffin tray.
- 2 In a large mixing bowl, combine the almond flour, cocoa powder, sea salt, and baking soda. Mix well.
- 3 In a medium-sized bowl, whisk together the oil, maple syrup (or honey), and eggs. Add the wet ingredients to the dry. Mix until combined then stir in the zucchini.
- 4 Spoon the muffin batter into the prepared muffin tray, so it's evenly divided then bake for 18 to 20 minutes, or until a toothpick inserted into the center of a muffin comes out clean.
- 5 Let cool completely before eating, to prevent the muffins from sticking to the liners.

Notes

Zucchini: One medium zucchini is equal to about 2 cups of grated zucchini.



Cleaned Up Biscuits

8 servings

30 minutes

Ingredients

3/4 cup Almond Flour
1/4 cup Coconut Flour
1 tsp Baking Powder
1 1/2 tbsps Butter (chilled)
6 Egg (whites only)

Nutrition

Amount per serving	
Fat	11g
Carbs	5g
Fiber	2g
Protein	7g

Directions

- 1 Preheat oven to 400°F (204°C). Line baking sheet with parchment paper.
- 2 Mix together almond flour, coconut flour and baking powder. Add butter and use your hands to break it up until crumbly. Set aside in the fridge.
- 3 Use a hand mixer to whip the egg whites until stiff peaks form. Fold the whites into your chilled flour mixture.
- 4 Scoop the mixture onto the baking sheet using an ice cream scoop and gently flatten the top. Bake for 20 minutes or until golden brown.
- 5 Remove from oven. Let cool then enjoy!

Notes

Serve Them With: Soup, butter or gravy.

Coconut Flour: This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.



Savory Breakfast Biscuits

10 servings

20 minutes

Ingredients

- 4 ozs Pork Sausage (casings removed)
- 1/2 Red Bell Pepper (chopped)
- 3/4 cup Almond Flour
- 1 tsp Baking Powder
- 1 tsp Thyme
- 1/2 tsp Sea Salt
- 2 Egg
- 6 ozs Cheddar Cheese (shredded, divided)

Nutrition

Amount per serving	
Fat	14g
Carbs	3g
Fiber	1g
Protein	8g

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 In a cast-iron skillet over medium heat, add the sausage and peppers. Cook until the sausage is browned and the peppers are softened. Turn off the heat and set aside to cool.
- 3 In a large bowl, add the almond flour, baking powder, thyme and salt. Whisk to combine.
- 4 In a small bowl, add the eggs and whisk. Then add half of the cheese and stir to combine. Add the wet ingredients into the dry and then add the cooled sausage and peppers. Stir to combine until a sticky dough has formed.
- 5 Place roughly 3 tbsp of the mix onto the parchment-lined paper and press down gently to flatten. The mixture will be a little sticky. Repeat until the dough is used up. Top each biscuit with the remaining cheese.
- 6 Bake for 9 to 10 minutes or until the biscuits are cooked through and slightly browned on the bottom. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to two months.

Nut-Free: Use gluten-free flour or brown rice flour instead of almond flour.

More Flavor: Add chili flakes, onion and/or minced garlic.



Cornmeal Biscuits

8 servings

25 minutes

Ingredients

1 1/2 cups Unbleached All Purpose Flour
1/2 cup Cornmeal
2 tsp Baking Powder
1/4 tsp Sea Salt
1/3 cup Butter (cold, grated)
2/3 cup Buttermilk

Nutrition

Amount per serving	
Fat	9g
Carbs	24g
Fiber	1g
Protein	4g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a bowl, mix together the flour, cornmeal, baking powder, and salt. Add the grated butter and mix everything together with a fork. Add the buttermilk and keep mixing just until the dough forms.
- 3 Transfer the dough to a lightly floured surface. Roll out the dough gently to half-inch thickness. Use a 2 1/2-inch round cutter to cut the dough into biscuits.
- 4 Place the biscuits onto the prepared baking sheet. Bake for 12 to 14 minutes or until lightly golden brown. Enjoy!

Notes

Leftovers: Store in an airtight container at room temperature for up to two days. Freeze for longer.

More Flavor: Add cheddar cheese and chives to the dough.



Cornmeal Biscuits with Sausage Gravy

8 servings

45 minutes

Ingredients

- 1 1/2 cups Unbleached All Purpose Flour (divided)
- 1/2 cup Cornmeal
- 2 tsp Baking Powder
- 1 tsp Sea Salt (divided)
- 1/3 cup Butter (cold, grated)
- 2/3 cup Buttermilk
- 12 ozs Pork Sausage (casings removed, crumbled)
- 2 cups Milk
- 1 1/2 tbsps Cornstarch
- 1 tsp Nutmeg
- 1 tsp Black Pepper
- 1/4 cup Parsley (chopped)

Nutrition

Amount per serving	
Fat	23g
Carbs	29g
Fiber	1g
Protein	11g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a bowl, mix together flour, cornmeal, baking powder, and 1/2 of the salt. Add the grated butter and mix everything together with a fork. Add the buttermilk and keep mixing just until the dough forms.
- 3 Transfer the dough to a lightly floured surface. Roll out the dough gently to half-inch thickness. Use a 2 1/2 inch round cutter and cut the dough into biscuits.
- 4 Place the biscuits onto the prepared baking sheet. Bake for 12 to 14 minutes or until lightly golden brown.
- 5 Meanwhile, cook the sausage in a skillet over medium-high heat until browned. Add the milk and cornstarch, and mix until everything is combined. Reduce the heat down to low and bring it to simmer until the sauce has thickened. Add nutmeg, black pepper, and the remaining salt. Stir well.
- 6 Divide the biscuits and sausage gravy between plates. Top with parsley and enjoy!

Notes

Leftovers: Store the biscuits in an airtight container at room temperature for up to two days. Freeze for longer. Refrigerate the gravy in an airtight container for up to three days.

More Flavor: Add chili flakes, butter, and paprika to the gravy.



Savory Cheddar Cheese Scones

8 servings

35 minutes

Ingredients

- 1 1/8 cups Unbleached All Purpose Flour
- 1 tbsp Baking Powder
- 3/4 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 1 stalk Green Onion (sliced)
- 1/2 cup Cheddar Cheese (shredded)
- 1/2 cup Butter (grated, cold)
- 2/3 cup Buttermilk (plus extra for brushing on top)
- 1 Egg (whisked)

Nutrition

Amount per serving	
Fat	15g
Carbs	14g
Fiber	0g
Protein	5g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, combine the flour, baking powder, garlic powder, salt, green onion, and cheese. Mix well to combine.
- 3 Add the butter to the flour mixture and disperse with your hands. Add the buttermilk and egg. Mix with a spatula until combined.
- 4 On a lightly floured surface, using floured hands, turn the dough out onto the surface. If the dough is too sticky, add more flour; if it's too dry, add a splash more buttermilk. Form the dough into a large disc.
- 5 Use a bench scraper or knife and slice into even triangles. Transfer to the baking sheet and brush lightly with buttermilk. Place in the oven and bake for 22 to 24 minutes, until lightly browned on top, and crispy on the bottom.
- 6 Cool the scones on the baking sheet for about five minutes and then transfer to a cooling rack. Enjoy!

Notes

Leftovers: Store in an airtight container at room temperature for up to one day and then transfer to the fridge for up to five days.

More Flavor: Add a pinch of cayenne to the dough.

Additional Toppings: Top with softened butter.

To Freeze: Store in a freezer-safe bag for up to three months. Thaw in the fridge overnight and reheat in the microwave or oven on low until warmed through.



Blueberry Lemon Scones

10 servings

40 minutes

Ingredients

- 2 1/2 cups Unbleached All Purpose Flour
- 1 1/2 tsps Baking Powder
- 1/2 tsp Baking Soda
- 1/2 tsp Sea Salt
- 1/4 cup Sugar (plus more for topping, optional)
- 2 tsps Lemon Zest
- 1/2 cup Butter (grated, cold)
- 1 tsp Vanilla Extract
- 1 cup Buttermilk (divided)
- 1 1/4 cups Blueberries

Nutrition

Amount per serving	
Fat	10g
Carbs	30g
Fiber	0g
Protein	4g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, combine the flour, baking powder, baking soda, salt, sugar, and lemon zest. Mix well to combine.
- 3 Add the butter to the flour mixture and disperse with your hands. Add the vanilla and 3/4 of the buttermilk. Mix with a spatula until combined. Fold in the blueberries.
- 4 On a lightly floured surface, using floured hands, turn the dough out onto the surface. If the dough is too sticky, add more flour, if it's too dry, add a splash more buttermilk. Form the dough into a large disc.
- 5 Use a biscuit cutter to cut out circles. Transfer to the baking sheet and brush lightly with the remaining buttermilk. Sprinkle each scone with a small amount of coconut sugar. Place in the oven and bake for 19 to 22 minutes, until browned on top and cooked through.
- 6 Cool on the baking sheet for about five minutes and then transfer to a cooling rack. Enjoy!

Notes

Leftovers: Store in an airtight container at room temperature for up to one day and then transfer to the fridge for up to five days.

No Biscuit Cutter: Use a 1/3 measuring cup lightly sprayed with oil. Or use a bench scraper to slice the dough into triangles instead of circles.