

# Kristy's Berry Muffins

recipe by Kristy Kilik

*Easy muffins that are fantastic traditionally made or as gluten free & dairy free. Freezes well.*

3 farm fresh eggs (support local!!)  
2/3 cup coconut sugar  
1/3 cup granulated sugar (preferred organic cane sugar)  
1/3 cup oil of choice OR apple sauce OR unsalted butter  
2 tbsp lemon juice  
1 ½ tsp vanilla extract  
1 cup milk of choice (my preference is unsweetened cashew)  
1 tsp aluminum free baking powder  
1 tsp baking soda  
1/2 tsp sea salt  
1 ½ to 2 cup flour of choice (gluten free cloud 9 is my preferred choice) SEE NOTES @ END OF RECIPE  
\*\*\*\* (if using gluten free flour, check if it has xanthan gum, if it does not have it, add ¼ tsp of xanthan gum)  
2 cups frozen berries of choice (my preference is half blueberry & half saskatoon berries)

## Directions:

Preheat oven to 350° F. Grease muffin tins or line muffin tins with paper liners.

**In a stand mixer:** simply go through the list and add in one ingredient at a time in order listed above.

**Mixing by hand:** In a large bowl and whisk the eggs. Add in the coconut sugar, and the granulated sugar to the eggs and whisk until well blended. Add in the oil (or applesauce or the butter, whatever you are using) whisk together until well blended. Add in the lemon and mix. Add the vanilla and the milk and whisk until well blended. Add in baking powder, baking soda and salt and whisk until blended. Set the whisk to the side and bring out a wooden spoon. Add in 1 ½ cups of flour and blend it into batter with a wooden spoon. If the batter is too runny, add in more flour ¼ cup by ¼ cup at a time until the batter is thick. Blend in the berries. Drop batter into greased or lined muffin tins. **Bake at 350° F for 20 – 25 minutes.**

Makes 24 small muffins or 12 large muffins

Freezes well.

**GLUTEN FREE BAKING NOTES:** when baking gluten free, the flours are always very different from one brand to the next and even the batches are very different. No bag of gluten free flour mix has ever been the same as the one before it. Always have about a half cup extra flour on hand in case your flour isn't holding moisture. Always start with a little less gluten free flour and add in a little more if need be instead of having to water it down. Makes better muffins that way. Top flour choice in all my muffin recipes is cloud 9 gluten free all purpose flour. Second tip: adding baking soda and powder to wet ingredients works better with gluten free flour opposed to the traditional blending it into the dry ingredients. When you blend the soda and powders into the dry ingredients, it often takes too long to activate and the muffins come out flat. Third tip: farm fresh eggs are the secret weapon in gluten free baking. You just can not get the same results using commercial eggs and gluten free flour. Always support local!