

Lemon Muffins

Ingredients:

- 2 cups oats
- 1.5 cups almond powder
- 1 tsp baking soda
- ¼ tsp salt
- 3 tbsp chia seeds
- 2 apples, shredded
- 2 carrots shredded
- 3 eggs
- 1/3 cup olive oil
- Small amount of honey (optional)
- Zest of two lemons
- Juice of two lemons
- 1 cup blueberries, fresh or frozen



Instructions

1. After shredding carrot and apple mix them with eggs, oil, lemon juice, zest, and honey
2. Add all dry ingredients and mix
3. Fold in blueberries
4. Put in muffin tins
5. Bake at 350 degrees for 25 minutes