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Tremendous Turmeric Ginger Muffins!

Here are some great coconut flour muffins that are gluten and grain free, but also offer a creamy texture, with the benefits of turmeric and ginger (and some cool Belgian chocolate and walnut options!).

We've linked up to our products, in case you would like some cool e-books that are now available with any purchase. -- Michael

(adapted from [Paleo Hacks](#)—notice that by tripling the recipe for 8 muffins, it will fit four six-muffin tins)

Ingredients

6 large organic pastured eggs

½ cup unsweetened organic coconut milk

⅓ cup real honey

1 t vanilla extract

¾ cup + 2 Tablespoons sifted [organic coconut flour](#)

½ t baking soda

2 t [turmeric root powder](#)

½ t [ginger root powder](#)

[Organic virgin coconut oil](#) (our favorite!) for greasing or extra anti-inflammatory punch

Pinch of sea salt and organic black pepper

2 ounces Belgian chocolate (Kroger's Private Selection 62% Dark Chocolate Chunks is great)

Or

2 ounces of soaked then dehydrated walnuts (we used Costco's Kirkland brand)

Instructions

- Preheat oven to 350°F. Prepare a muffin tin with your 8 muffin liners.
- In a large mixing bowl, add eggs, milk, maple syrup, and vanilla extract. Mix until it's well-combined and the eggs begin to bubble.
- Sift coconut flour for clumps, and add slowly add it, baking soda, turmeric, ginger powder, pepper, and salt to your liquid mix, as you continue to vigorously stir.
- When done, the batter should be smooth and thick.
- Transfer the batter to the prepared muffin tin, dividing the batter evenly up to ½ of the muffin liner.
- Fill muffin liners evenly with desired ingredients of Belgian chocolate and soaked then dehydrated walnuts.
- Fill up the rest of the muffin liners to about the top with batter to cover chocolate and walnuts.
- Bake for 25-30 minutes, until slightly browned around the edges.
- Remove muffins from the oven, and transfer muffins to a wire rack or suitable location to cool.
- Fill with coconut oil or butter to your preference, or just eat plain!

Tip: Can store in the refrigerator in an airtight container for up to one week, or in the freezer for up to one month.