



## Lemon Poppy Seed Mini Muffins

### Ingredients

- 1 cup whole wheat flour
- 1 cup all purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 tablespoon poppy seeds
- 1/2 cup extra virgin olive oil
- 3/4 cup coconut sugar
- 2 eggs (room temperature)
- 1/2 cup whole milk (or milk of choice)
- 1/4 cup fresh lemon juice
- Zest of 1 lemon

### Instructions

1. Preheat oven to 350 degrees and spray a mini muffin tin with olive oil spray (if not using silicone)
2. In a medium bowl, add flours, baking powder, salt and poppy seeds. Whisk to combine
3. In a large bowl, add olive oil and coconut sugar (I use products from [Madhava Foods](#)). Whisk until smooth
4. Add eggs, whole milk, lemon juice and lemon zest. Whisk to combine
5. Add flour mixture to wet mixture and combine with a rubber spatula
6. Spoon batter into mini muffin tin until almost full
7. Bake for 13-15 minutes or until an inserted toothpick comes out clean
8. Let cool a few minutes in the pan and then transfer to a rack to cool completely
9. Store in an air tight container for up to 5 days