Arrowroot & Cassava Muffins

Ingredients:

1 cup arrowroot flour

0.5 cup cassava flour

0.5 teaspoon baking soda

0.25 teaspoon salt

2 large eggs

0.5 cup coconut oil, melted

0.25 cup honey or maple syrup (adjust to taste)

1 teaspoon vanilla extract

Optional add-ins like berries, nuts or chocolate chips

1. Preheat your oven to 350 degrees F (175 degrees C). Line a muffin tin with paper liners or grease the cups.
2. In a bowl, whisk together arrowroot flour, cassava flour, baking soda and salt until well combined.
3. In a separate bowl whisk the eggs. Add melted coconut oil, honey and vanilla extract. Mix well.
4. Gradually add the wet ingredients to the dry ingredients stirring until just combined. If desired fold in your chosen add-ins.
5. Spoon the batter into the prepared muffin cups, filling each about 2/3 full. Bake in the preheated oven for approximately 18 to 22 minutes or until a toothpick inserted into the centre comes out clean.
6. Allow the muffins to cool in the tin for a few minutes, then transfer them to a wire rack to cool completely.
7. Serve the muffins with your favourite hot or cold beverage.