



Lemon coconut muffins

20'
Hands on

25'
Cook Time

12
Portion(s)

1
Difficulty



Ingredients

- 100 g granulated sugar
- lemon zest, of 2 lemons
- lemon juice, of 2 lemons
- 50 g ground coconut
- 350 g all-purpose flour
- 2 teaspoon(s) baking powder
- 1/2 teaspoon(s) baking soda
- 1 teaspoon(s) salt
- 2 eggs, medium
- 70 g coconut oil, melted
- 260 g strained yogurt
- 70 g milk
- 1 1/2 teaspoon(s) [vanilla extract](#)
- salt, for sprinkling
- ground coconut, for sprinkling

To serve

- strained yogurt
- raspberries
- blueberries

Method

- Preheat oven to 180* C (350* F) Fan.
- Line a 12 cup [muffin pan](#) with cupcake liners.
- In a large bowl, add the granulated sugar and lemon zest. Press down on the mixture with your hands, until the sugar turns yellow.
- Add the coconut, flour, baking powder, baking soda and salt. Mix with a spoon.
- In a separate bowl, whisk the eggs, coconut oil, yogurt, milk, vanilla and lemon juice. Add to the bowl with the dry ingredients.
- Mix with a wooden spoon until all of the ingredients are completely combined. The mixture should be quite thick.
- Divide the mixture between the 12 cups in the muffin pan, filling each cup 2/3 of the way.
- Sprinkle each muffin with salt and coconut.
- Bake for 22-24 minutes, until you insert a toothpick in the center of the muffin and it comes out clean and dry.
- When ready, remove from oven and allow them to cool on a wire rack for 5-10 minutes.
- Top with yogurt, berries, sprinkle with coconut and serve.

Διατροφικός πίνακας

Nutrition information per portion

260 Calories (kcal)	11.0 Total Fat (g)	8.7 Saturated Fat (g)	33.0 Total Carbs (g)
13%	16%	44%	13%
11.0 Sugars (g)	5.9 Protein (g)	2.1 Fibre (g)	0.87 Sodium (g)
12%	12%	8%	15%