**Lemon Poppy Seed Muffin**

2 C almond flour

1 t baking powder

¼ t salt

2 T melted coconut oil

3 eggs

½ C agave/honey

½ C almond milk

¼ t vanilla extract

¼ C lemon juice

½ lemon, zested

¼ C poppy seeds

1. Heat oven to 350 F.  Place all ingredients (except for poppy seeds) into a bowl and mix together until the batter is smooth.  Gently fold poppy seeds into batter and scoop into muffin tins.
2. You can use liners or just pour into the muffin tins.  Use a little oil to prevent the muffins from sticking.  Bake for 20 minutes or until a toothpick can come out clean.

\* I used parchment paper muffin liners.  They are fabulous!!  I didn’t have to use any additional oil or grease and the liners came off easier than any I have ever used in the past.  I highly recommend trying them:-)