

From the Elite Athletic Development Test Kitchen

*Recipes developed, created & adapted by
Elite Athletic Development / CrossFit Arlington Heights / CrossFit Axis Athletes*



Berry Good Morning Muffins

Created by Karen Stoychoff Inman | Daily Herald Cook of the Week Featured Recipe

1/4 cup sifted organic coconut flour
1/4 teaspoon baking powder
2 eggs
2 tablespoons clementine juice, freshly squeezed
1 teaspoon orange zest
1 teaspoon pure vanilla extract
1 ounce chopped macadamia nuts
3 tablespoons extra virgin coconut oil, melted
2 egg whites, beat to soft peaks
Generous 1/3 cup fresh blueberries + extra
Generous 1/3 cup fresh raspberries + extra

Pre-heat oven to 400 degrees. Place two eggs, clementine juice, orange zest, vanilla, macadamia nuts and coconut oil in a medium bowl and fork mix until combined. Sift the coconut flour and baking powder into the egg mixture and stir until just mixed; set aside.

In a separate bowl, beat egg whites until they form soft peaks. Fold the egg whites and fresh berries into the batter. Place a few of the reserved berries on the top of each muffin; press into the batter.

Line a muffin tin with paper liners. Fill each muffin cup 3/4 full and bake for 16-18 minutes. Let the muffins cool in the pan for a minute or two, then remove and place on a wire rack to cool. Serve with almond butter or grass-fed butter mixed with cinnamon. Makes six muffins.



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