

# Healthy Blueberry Muffins

## Kosher for Passover!

### Ingredients:

- 2 cups blueberries
- ½ cup water
- 1 cup cake meal (finely ground matza meal) - whole wheat preferred
- 1 ½ cups almond flour
- ½ teaspoon baking soda
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- ¼ cup honey
- ¼ cup applesauce or apple butter
- 3 eggs

### Instructions:

1. Preheat oven to 325° F.
2. Line a muffin tin with paper liners.
3. In a small saucepan, simmer the blueberries with the water until the berries release their juice and the mixture has thickened a bit. Let cool.
4. Combine the rest of the ingredients in a large bowl. Add the cooked blueberries. Mix well.
5. Evenly fill each baking cup with the batter. Bake for 25–30 minutes.

**Makes 12 muffins. Count each muffin as a snack.**

