



# Ashley's Meal Prep Monday!

## Lemon Poppy Seed Muffins



### INGREDIENTS

1 cup almond milk  
1 TSP apple cider vinegar  
2 cups all-purpose flour  
2 1/2 TSP baking powder  
1/4 TSP baking soda  
1/2 TSP salt  
3 TBSP poppy seeds  
2/3 Golden Monkfruit sweetener  
1/4 cup + 1 TBSP melted coconut oil  
zest and juice of 2 lemons  
1 TSP vanilla



Optional Glaze:  
1/2 cup powdered sugar  
2-3 TSP lemon juice



Preheat oven to 375 and line a muffin tin with baking cups or silicone liners. In a small bowl, combine milk and apple cider vinegar - let sit for 10 minutes. In another small bowl, combine flour, baking powder, baking soda, salt and poppy seeds - set aside.

In a large bowl, whisk sugar, oil, vanilla, and lemon juice/zest. Slowly add milk, whisking while adding, until completely mixed together. Add dry ingredients by folding in gently until combined.

Fill muffin liners 2/3 full and bake for 18 minutes. While baking, whisk together powdered sugar and lemon juice.



Spoon about 1 TBSP of glaze over each warm muffin. Enjoy once cool!

**CARTWRIGHT'S**  
**MARKET**