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Grain-Free Strawberry Mango Muffins

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Spring needs a champion muffin, don't you think!? We need something fresh and satisfying. We need a muffin that makes mornings eye-opening exciting, sunny and inspiring! But the problem is that so many muffins out there can't measure up to clean-eating ideals. We need something that feels like a bit of an indulgence but does not sabotage our nutritional goals.

And what better to do that than strawberries, mangos and coconut? Well, that's what I thought anyways. I wanted to create a little palate pleasing sense of paradise---island loving, sun-inspiring, fresh tasting, moist to the touch muffins. And, you see, I do NOT believe that God would want us to sacrifice taste for resisting temptation. Look at His beautiful earth, after all! He has blessed us with flavors and food favors of all kinds. And I also happen to believe fresh foods make the most fabulous recipes!

So, just like in my **30 Day Spring Cleaning Eating Guidelines** **[1]**, I mention eating lots of CLEAN foods. The closer to the earth we eat, the better our bodies fare. That's why these springy muffins make my heart sing! They fit right in to the clean eating rules and into my idea of a morning indulgence (with the cup of coffee that's allowed in the **Challenge**! [2])

Actually, there are MANY recipes on here on the blog in line with The Challenge guidelines, including this variation of a **Cakey Strawberry Muffin** **[3]** for spring (feel free to substitute the fruit for another berry). But if you're not taking the challenge, here are a couple of other muffins that will most certainly make the healthy mark:

Cranberry Millet [4]

Pumpkin Bran muffins [3]

Now, one last thing, because I always have to bring it back around to what really matters. If you missed this **Kick-Off post,** **[5]** I really want to encourage you to read it. Tuck it into your heart and mind as you aspire to eat and LIVE clean. Because, you know, living well has a whole lot more to do with heart than what you do with your hands! And you were **MADE FOR MORE** **[5]** than obsessing over eating, you are worth more than your weight and you are better than fitting into some social

mold. **You. Are. HIS**.

Recipe category

Food Fit for the Morning [6]
Snacks and This & That [7]

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Ingredients

- MUFFIN BATTER:
- 2 eggs
- ⅓ cup organic coconut yogurt (you may also use whole milk yogurt)
- 1 tablespoon fresh lemon juice
- 1 tablespoon honey
- 2 teaspoon pure vanilla extract
- 2 teaspoons coconut flour
- 2 ¼ cup almond flour
- ¼ cup quinoa flakes
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ cup chopped strawberries
- ½ cup chopped fresh mango
- OPTIONAL CRUMBLE TOPPING:
- 2 tablespoons honey
- 2 tablespoons real butter
- 2 teaspoons cinnamon
- ½ teaspoon pure vanilla extract
- ½ cup quinoa flakes
- ¾ cup chopped nuts (such as walnuts or pecans)
- ½ cup flaked coconut

Recipe Instructions

- Preheat oven to 315 degrees. Prepare 12 muffin tins by lightly buttering or spraying them or using parchment paper cupcake liners (which I prefer).
- In a large bowl, whisk together the eggs, yogurt, lemon, honey and vanilla.
- Add the coconut flour to the wet ingredients and whisk well.
- In another bowl, whisk together the almond flour, quinoa flakes, baking soda and salt.
- Pour the dry ingredients into the wet and stir until mixed equally. Add the fruit and mix until just combined.
- If you are making the optional topping, begin by melting the butter. Then, add the honey and stir until well mixed. Measure and add all of the other ingredients EXCEPT the coconut flakes and mix well.
- Go back to the muffin batter and evenly divide it amongst the muffin tins, filling about ⅔ the way up each cup. Tap the bottom of the muffin pan on the counter to even the batter out.
- If you've prepared the topping, put a spoonful on top of each muffin and spread evenly. Sprinkle the coconut flakes on top (if desired...I leave it off some because one of my daughters does not prefer

it.)

- Place the pan in the oven and bake for between 22 and 26 minutes, checking with a clean toothpick. When it comes out clean or with only a few moist crumbs, remove from the oven and let cool on a cooling rack at least 10 minutes. Enjoy alone or with a little bit of butter! Mmmmm!

Featured Image



Gallery



Recipe Description

For those wanting a creative, clean-eating muffin for a convenient breakfast or appealing afternoon snack, I've got just what you're looking for! The springy flavors and moist texture compliment their perfect nutrition profile! Just look at this recipe and see...

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Links
[1] https://www.livinghappilywhole.com/articles/eating-well-articles/clean-eating-tips-30-day-challenge
[2] https://www.livinghappilywhole.com/articles/live-well-inside-out/30-day-spring-self-cleaning-challenge
[3] https://www.livinghappilywhole.com/content/cakey-strawberry-muffins-streusel-topping
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[5] https://www.livinghappilywhole.com/articles/live-well-inside-out/30-day-challenge-kick-you-were-made-more
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