

Ingredients :

- 1 - 3/4 cups all purpose flour
- 1/4 cup sugar
- 1 tablespoon baking powder
- 3/4 teaspoon salt
- 1 well beaten egg
- 1/3 cup coconut oil
- 3/4 cup milk
- Jam flavor or choice

How To Make

1. Preheat the oven to 400 degrees F.
2. Line muffin tins with cupcake liners and spray them lightly with cooking spray.
3. Sift the dry ingredients into a bowl. Make a well in the center.
4. Combine the beaten egg, milk and coconut oil. If necessary, warm in the microwave slightly to keep the coconut oil liquid.
5. Add the wet ingredients all at once to the dry ingredients. Stir all together until the dry ingredients are all moistened.
6. Fill the muffin cups 2/3 of the way full.
7. Add a generous spoonful of jam to the middle top of the batter in each cup. (a scant tablespoon full)
8. Bake at 400 degrees for 20 to 25 minutes.

JAM MUFFINS

