

Roasted Strawberry Almond Flour Muffins



<https://www.skinnytaste.com/roasted-strawberry-almond-flour-muffins/>

Ingredients:

- Strawberries: Slice fresh strawberries.
- Sugar: Toss some of the sugar with the berries, and the rest goes in the muffin batter.
- Flour: Almond and oat flours increase the protein and fiber while keeping the muffins gluten-free.
- Baking Soda and Baking Powder make the strawberry muffins rise and give them a fluffy texture.
- Butter: Make sure your butter is at room temperature so it mixes easily with the sugar.
- Eggs: Use three egg whites or two large eggs.
- Vanilla Extract for flavor
- Greek Yogurt: You'll need one cup of fat-free Greek yogurt.

Directions:

1. Roast the Strawberries: Sprinkle two tablespoons of sugar over the strawberries. Place the berries on a parchment paper-lined baking sheet in a single layer and roast for 25 minutes at 375°F until the strawberries release their liquid and caramelize.
2. Dry Ingredients: Whisk the oat and almond flours, baking soda, and baking powder.
3. Wet Ingredients: In a large bowl, cream the butter and sugar for about two minutes with a hand mixer. Beat the egg whites and vanilla in a small bowl and pour into the butter/sugar mixture. Stir in the yogurt.
4. Mix the flour mixture with the wet ingredients until combined. Fold in the strawberries with a spatula and spoon into a lined muffin tin.
5. Bake the almond flour muffins at 375°F for 18 to 20 minutes until a toothpick inserted in the center comes out clean.