



**Safety Notice!** This recipe contains Xylitol which is *TOXIC to DOGS and CATS*.  
Store your baked cakes safely *out of reach* of your pets.

## Caraway Lemon Blueberry Muffins

### Ingredients:

5 Large Eggs  
1 Planet Princess Caraway Rye Mix  
½ Cup Monk Fruit Sweetener (Xylitol)  
¼ Cup Avocado Oil  
1 Cup Water (very warm, almost hot)  
1½ Cups Wild Blueberries, thawed to room temperature  
2 Tbsp. Fresh Lemon Juice  
2 Tbsp. Fresh Lemon Zest  
¼ tsp. Salt

**Yield:** Approximately 4 dozen mini muffins, 2 dozen standard muffins, or 1 two layer cake (9" diameter pans).

### Before baking:

Thaw Blueberries to room temperature. You can use large blueberries for standard cupcakes or layer cake, but smaller wild blueberries work best for mini muffins.

Set out Butter and Cream Cheese (if making the dairy Frosting), bringing it to room temperature before mixing.

Grease your cake or cupcake pans (unless using silicon pans or paper inserts).

Turn oven up to 350 degrees.

### Directions:

1. Crack all 5 Eggs into a metal or glass bowl. Add Salt. Using a hand or stand mixer, beat on high for 2½ to 3 minutes until very fluffy.
2. Add Avocado Oil to eggs and beat on medium low to mix well. Then slowly add Monk Fruit Sweetener (Xylitol) and beat until well integrated.
3. NOTE: If you have a bread mixer attachment, this works well for the rest of the process but is not required. Pour in the Caraway Rye Mix. Mix on medium for around 30 seconds. You may have to scrape the sides of the bowl to get all the eggs into the batter.
4. Slowly add 1 Cup Very Warm (almost hot) Water and mix on medium for another minute or until all water has been absorbed.



5. Add Lemon Juice and Lemon Zest; mix well on medium low. Add Blueberries and mix just until evenly distributed throughout the dough.

6. Fill mini cupcake molds/papers to the top. Fill classic muffin pans/papers to about ¼ inch below the top. Divide the batter between two 9" pans. *NOTE:* This is a thicker dough that needs to be pressed into the cavity in order to fill it to the bottom. Have a teaspoon and a small bowl of water handy. Press the dough down to the bottom for each cavity, wetting the spoon as needed.

7. Bake at 350 degrees. Mini muffins, bake 14-17 minutes. Classic muffins, bake 22-25 minutes, 9" Cake pans, bake 35-40 minutes. Muffins/Cakes are done if they feel firm and bounce back. (*NOTE:* Bake times may vary according to your individual oven.)

8. When you remove your cakes/muffins from the oven, let them sit in the pans on a cooling rack for about 5 minutes. Then remove them from the pans to the rack and let them cool completely.

### **Lemon Frosting Recipe (Dairy)**

8 Tbsp. Butter, room temperature  
8 oz, Cream Cheese, room temperature  
2 Cups Monk Fruit (Zylitol) Powdered Sugar  
1 Tbsp. Fresh Lemon Juice  
1½ Tbsp. Fresh Lemon Zest

Beat the Butter and Cream Cheese until fluffy. Add Lemon Juice and Lemon Zest; mix in well. Slowly add in the Powdered Sweetener (Zylitol) and mix well. Thin if desired. *NOTE:* You can adjust your frosting thickness by adding more Lemon Juice or Cream.

### **Lemon Frosting Recipe (Dairy Free)**

Replace the Butter and the Cream Cheese with Palm Oil\* and follow the recipe as written. You can thin your frosting using water instead of cream.

\*Spectrum has a nice Palm Oil for a creamy non-dairy frosting.

After your cakes/cupcakes are completely cool, frost them using a knife or a piping bag. Store them in an *airtight container* in the refrigerator for up to 7 days. These cakes/cupcakes also freeze well and thaw beautifully, even frosted!

With a surprisingly delightful combination of flavors, this recipe has been the favorite in every taste test we have done. We hope you enjoy! ~ *The Planet Princess Team*