

AIP LIVER AND BLUEBERRY MUFFINS

by Healing Family Eats

Prep time: 15 minutes

Cook time: 25-30 minutes

Makes 12

Ingredients -

6 oz fresh chicken livers

1 large ripe banana, sliced

1/2 cup melted coconut oil

1/4 cup maple syrup

1/2 cup coconut flour

1/4 cup arrowroot flour

1 teaspoon baking soda

1 teaspoon cinnamon powder

generous pinch sea salt

1+1/2 cups frozen blueberries



For AIP Version only (egg replacement) -

3 tablespoons grass-fed gelatin

1 teaspoon apple cider vinegar

4 tablespoons hot (not boiling) water

For Stage 2 reintroduction only -

2 medium eggs, whisked

Preheat the oven to 350F. Line a 12 hole muffin tin with parchment cases. Put the chicken livers and banana into a food processor and blend until smooth.

Transfer them to a mixing bowl and mix in the coconut oil and maple syrup. If you are using eggs (for stage 2 reintroduction) gradually add them to the bowl with the motor running, until fully incorporated.

Tip in the dry ingredients and mix again till combined.

If you are making the AIP version, prepare the gelatin "eggs". Put the gelatin into a small bowl and the apple cider vinegar and hot water into another. Whisk the liquid into the gelatin until the mixture is frothy. Add to the mixing bowl, while the motor is running, and combine for a couple of seconds.

Add the blueberries, turn up the speed and mix for a few seconds to disperse.

Spoon mixture into the cases, I like to use a cookie scoop, making sure the blueberries are distributed evenly.

Bake for 25-30 minutes until just firm on the top. Remove from the oven and transfer to a wire rack to cool down.