

# Savory Flax & Herb Breakfast Muffins

## Ingredients

- $\frac{3}{4}$  cup almond flour
- 2 tbsp ground flaxseed
- 1 egg
- 2 tbsp unsweetened plant milk
- 1 tbsp olive oil
- $\frac{1}{4}$  tsp baking soda
- $\frac{1}{4}$  tsp salt
- 1 tsp dried herbs (e.g., oregano, basil)

## Instructions

1. Preheat oven to 350°F (175°C).
2. Mix all ingredients in a bowl to form a thick batter.
3. Divide into 3 muffin cups lined with parchment or silicone liners.
4. Bake for 20–25 minutes until golden and firm.
5. Cool slightly before serving.

## Health Benefits

- Flaxseed: Improves cholesterol and keeps digestion smooth

- Almond flour: High in healthy fats and vitamin E
- Herbs: Add flavor and anti-inflammatory benefits
- Egg: Supports muscle repair and mental focus