



These easy-to-make **Gluten-Free Lemon Raspberry Muffins** are one of my favorite recipes right now! Full of delicious spring flavors, they're the best for a healthy breakfast treat. The muffins are light, fluffy, sweet, and every bite is so yummy. You'd never even guess that they're gluten-free, dairy-free, and refined sugar-free! These Gluten-Free Lemon Raspberry Muffins have been on repeat in our home lately! The kids LOVE them, they're perfect for an easy breakfast option, and they're made with healthier ingredients. And the best part is that **they're made in ONE BOWL, so easy cleanup for the win!** I could not be more obsessed with this easy gluten-free muffin recipe.



Ingredients/Substitutions

Gluten-Free Muffins

- Gluten-Free All-Purpose Flour - This is one of my favorite flours for gluten-free baking!



- Coconut Sugar - Brown sugar or raw sugar are great alternatives.
- Baking Powder/Salt/Vanilla
- Eggs - Normally I'm all about a vegan egg substitution, but for this recipe, I wouldn't recommend it as the real egg is essential for the texture.
- Plant-Based Milk - Soy is a great option! I would stick with a thicker, higher-fat dairy-free milk if possible. Ripple milk is great, too!
- Lemon Juice/Zest
- Coconut Oil (lightly melted) - Vegan butter (or regular butter) is a good substitute.
- Vanilla Extract
- Raspberries (fresh or frozen)

Glaze (Optional)

- Powdered sugar
- Fresh lemon juice

Note: While the muffins themselves are refined sugar-free, the glaze is not. Feel free to use a sugar-free icing alternative, if desired (or skip it entirely)!



How to Make Gluten-Free Lemon Raspberry Muffins

It doesn't get any easier than making these one-bowl Gluten-Free Lemon Raspberry Muffins! Here's how to put them together in no time:



1. Whisk the melted coconut oil with sugar and vanilla.
2. Slowly mix in the rest of the liquid ingredients.
3. Add the dry ingredients and mix until just well combined.
4. Fold in the raspberries.
5. Pour the batter into a muffin tin and bake.
6. Let cool, then add the optional glaze drizzle!





Tips for the BEST Gluten-Free Muffins Recipe

- It's important to slowly whisk the melted coconut oil with the sugar and vanilla before adding any cold ingredients, like eggs and milk! This is because the coconut oil can harden when the cold ingredients hit it, making for an overly lumpy batter (leaving the



finished muffins a bit oily as a result). Trust me - I've made this mistake before!

- Let the muffins cool as much as possible before adding the glaze.
- When allowing the muffins to cool, it's important to remove them from the pan and place them on a cooling rack so they don't get soggy!

Toppings/Variations

I love adding a little drizzle of the powdered sugar glaze to this recipe. It's the perfect amount of sweetness! Here are a few other topping ideas if you're looking for something different:

- White chocolate chips
- Nut butter - cashew butter or creamy almond butter
- Cream cheese icing
- Powdered sugar dusting
- Brown sugar or extra coconut sugar (add before baking)

How to Store

To store gluten-free muffins, let them cool completely. Place them in an airtight container and store for 2-3 days at room temperature, 4-5 days in the refrigerator, or up to 3 months in the freezer! When ready to enjoy, simply thaw out the muffins you want in the refrigerator and warm up in the microwave for a few seconds.

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Equipment

- Muffin Tin



Ingredients

- ☐ 1/2 cup coconut oil (lightly melted)
- ☐ 3/4 cup coconut sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 2 large eggs
- ☐ 3/4 cup plant-based milk (soy is a great option!)
- ☐ 1 Tablespoon lemon zest
- ☐ 1/4 cup fresh lemon juice
- ☐ 1 3/4 cups gluten-free all-purpose flour
- ☐ 2 teaspoons baking powder
- ☐ 1/2 teaspoon salt
- ☐ 1 1/2 cups raspberries (fresh or frozen)

Glaze (Optional)

- ☐ 1/2 cup powdered sugar
- ☐ 1 Tablespoons fresh lemon juice

Instructions

- Preheat the oven to 350 degrees F and line a muffin tin.
- Lightly melt the coconut oil in a glass mixing bowl and let it cool while you prep the other ingredients.
- Add in the sugar and vanilla, and whisk until smooth.
- Add in the eggs one at a time, whisking as you go.
- Mix in the milk, lemon zest, and lemon juice.
- Add the flour, baking powder, and salt. Mix just until well combined.
- Carefully fold in the raspberries, allowing them to keep their shape as much as possible.
- Pour the batter into the muffin tin.
- Bake for 25-30 minutes, or until a toothpick comes out clean.
- Allow the muffins to cool for about 5 minutes in the tin, then transfer to a cooling rack.
- Whisk the powdered sugar and lemon juice to create the glaze, then drizzle over each muffin and enjoy!

Notes

- It's important to slowly whisk the melted coconut oil with the sugar and vanilla



before adding any cold ingredients, like eggs and milk! This is because the coconut oil can harden when the cold ingredients hit it, making for an overly lumpy batter (leaving the finished muffins a bit oily as a result). Trust me - I've made this mistake before!

- When allowing the muffins to cool, it's important to remove them from the pan and place them on a cooling rack so they don't get soggy!
- While the muffins themselves are refined sugar-free, the glaze is not. Feel free to use a sugar-free icing alternative, if desired (or skip it entirely)!

Nutrition

Calories: 191 kcal | Carbohydrates: 24 g | Protein: 3 g | Fat: 11 g | Saturated Fat: 8 g | Polyunsaturated Fat: 1 g | Monounsaturated Fat: 1 g | Trans Fat: 0.003 g | Cholesterol: 31 mg | Sodium: 220 mg | Potassium: 41 mg | Fiber: 3 g | Sugar: 8 g | Vitamin A: 51 IU | Vitamin C: 7 mg | Calcium: 79 mg | Iron: 1 mg