**Olive, Lemon Zest, and Thyme**

**Mini-Muffin Recipe**



From *The Healthy Mind* by Rebecca Katz with Mat Edelson

**INGREDIENTS:**

* 2 cups almond meal
* 1/2 teaspoon sea salt
* 1/4 teaspoon freshly ground black pepper
* 1/2 teaspoon baking soda
* 3 large organic eggs
* 3 1/2 tablespoons extra- virgin olive oil
* 1 1/2 teaspoons lemon zest
* 1/2 tablespoon freshly squeezed lemon juice
* 1/2 tablespoon water
* 1 1/2 teaspoons Grade B maple syrup
* 12 kalalmata olives, chopped
* 1 tablespoon minced fresh thyme
* 6 tablespoons finely chopped parsley

**DIRECTIONS**

1. Preheat the oven to 350 degrees. Line mini-muffin tin with muffin papers.
2. In a bowl, mix together the almond meal, salt, pepper, and baking soda.
3. In another bowl, whisk together the eggs, olive oil, lemon zest, lemon juice, water, and maple syrup.
4. Add the wet ingredients to the dry ones and stir well to combine.
5. Stir in the kalamata olives, thyme, and parsley.
6. Fill each muffin cup with about 2 tablespoons of batter.
7. Bake for 13 to 15 minutes, until a toothpick comes out clean.