

Apple Cinnamon Muffins

24 SERVINGS 20 MINUTES



INGREDIENTS

5 eas Egg
1 cup Unsweetened Applesauce
1 cup Coconut Flour
2 tbsps Cinnamon
1 tsp Baking Soda
1 tsp Vanilla Extract
1/4 cup Coconut Oil

NUTRITION

AMOUNT PER SERVING

Calories	62	Iron	1mg
Fat	4g	Vitamin D	0IU
Carbs	4g	Folate	5µg
Fiber	2g	Magnesium	2mg
Protein	2g	Zinc	0mg
Vitamin C	0mg		

DIRECTIONS

- 01 Preheat oven to 350 F.
- 02 In a large bowl, sift together dry ingredients. In another bowl, mix eggs, applesauce, coconut oil and vanilla.
- 03 Make a hole in the center of the dry ingredients and slowly pour the wet ingredients in the middle of this hole. Work the two mixtures together until the batter is smooth.
- 04 Either grease a muffin tin or use paper liners. Spoon batter into tins filling each space 2/3 of the way full.
- 05 Bake muffins for 30 minutes or until a toothpick inserted in the center comes out clean.

NOTES

RECIPE ID 802

SOURCE

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