

Gluten Free Apple and Cinnamon Muffins

Ingredients

2 ¼ cup almond flour
¼ cup unsweetened, shredded organic coconut
¼ teaspoon sea salt
1 teaspoon baking soda (aluminum free)
1 teaspoon cinnamon
½ teaspoon allspice OR ¼ teaspoon nutmeg
¼ cup organic olive oil OR coconut oil
4 organic eggs
2 teaspoons vanilla extract
2 tablespoons raw, local honey
2/3 cup (1 braeburn apple) shredded apple with the peel

Method

In a large bowl, add all of the dry ingredients and mix together.

In another large bowl, add all of the wet ingredients including the shredded apple aside. Mix together with a fork until a little frothy. Pour the dry ingredients into the wet ingredients and mix together well.

Divide the batter into 12 muffins and bake at 325 degrees Fahrenheit for 15-20 minutes.