

# Pear and Ginger Muffins

## Ingredients

½ cup apple sauce  
¼ cup coconut milk (room temp)  
¼ cup butter (melted)  
1 tablespoon raw honey  
1 teaspoon vanilla extract  
2 eggs (room temp)  
1 cup almond flour  
½ cup tapioca starch  
¼ cup coconut flour (sifted)  
2 teaspoons baking powder  
Pinch of salt  
½ teaspoon allspice  
2 teaspoons ginger powder  
1 teaspoon cinnamon  
1 cup fresh pear (diced small)

## Method

Preheat oven to 375 degrees fahrenheit

Combine all of the wet ingredients in one bowl and mix well

Combine all of the dry ingredients in another bowl and combine well

Add the chopped pear to the wet ingredients and fold the mixture into the dry ingredients.

Divide the batter into 8 muffin muffin cups and bake for 15-18 minutes

Honey and Vanilla  
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