

Paleo Cinnamon Apple Muffins

Ingredients

- 1 cup unsweetened applesauce
- 4 eggs
- 1/4 cup coconut oil, melted
- 1 tsp vanilla
- 1 tbsp honey
- 1/2 cup coconut flour
- 2 tsp cinnamon
- 1 tsp baking powder
- 1 tsp baking soda
- 1/4 tsp salt

Instructions

- 1 Preheat oven to 350 degrees F. Line a muffin tin with liners. In a large bowl, add applesauce, eggs, coconut oil, honey, and vanilla. Stir to combine.
- 2 Stir in the coconut flour, cinnamon, baking powder, baking soda, and salt. Distribute the batter evenly into the lined muffin tins, filling each about two-thirds of the way full.
- 3 Bake for 15-20 minutes, until a toothpick inserted into the center comes out clean. Serve warm or store in the refrigerator in a resealable bag.

Notes

Servings: 12 muffins

Difficulty: Easy

paleo grubs <http://paleogrubs.com/>